LONDON
metro®
Thursday, September 13, 2012
News worth sharing.
metronews.ca | twitter.com/themetrolondon | facebook.com/themetrolondon

TV HOST PUTS DOWN MICROPHONE TO RUN FOR EVERY WOMAN.

"For every woman. I'm running for you."

Entertainment Tonight Canada host Cheryl Hickey is a participant in the Canadian Breast Cancer Foundation CIBC Run for the Cure.

Canadian Breast Cancer Foundation
CIBC Run for the Cure†

Canadian Breast Cancer Foundation ™

CIBC FOR WHAT MATTERS.

FINCH IS BACK!!

Come visit our **BRAND NEW** state of the art facility at Wonderland and Oxford Street.
Our team is ready to help with all your automotive needs.

2012 CHEVROLET ORLANDO

LOADED WITH...

- AIR CONDITIONING
- POWER WINDOWS
- POWER LOCKS
- ABS BRAKES
- 6 AIR BAGS
- XM SATELLITE RADIO
- REMOTE KEYLESS ENTRY
- DRIVER INFORMATION CENTER
- ONSTAR
- STABILITRAK STABILITY CONTROL
- 7 PASSENGER SEATING
- AUXILIARY AUDIO INPUT JACK
- 5YR 160,000KM WARRANTY
- 2YRS FREE OIL CHANGES

SALE

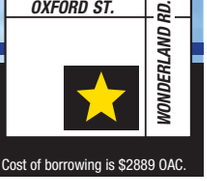
$19,899 +HST ONLY — 84 MONTHS @ 3.49% $0 DOWN

$139 BIWEEKLY TAX IN

finch
CHEVROLET • CADILLAC • BUICK • GMC

1.888.257.4537
640 Wonderland Rd North

Test drive our entire New and Pre-Owned Inventory online @
www.seefinchfirst.com



*Sale price includes all dealer fees and is plus HST and license only. Payment is based on the term and rate as disclosed and payment includes HST. Cost of borrowing is $2889 OAC.

SEE WHAT'S NEW... CHECK OUT OUR LATEST OFFER ON PAGE 18
SHOPPERS DRUG MART

THEY COULD BE A CONTENDER

... BUT THE BLUE JAYS NEED MORE THAN A STRONG OFFENCE TO GET THEMSELVES ON A PLAYOFF PATH PAGE 23

FRIDAY'S JACKPOT
$20 Million
estimated
Lotto MAX

LONDON
metro®
Thursday, September 13, 2012
News worth sharing.
metronews.ca | /themetrolondon | facebook.com/themetrolondon

SHE'S A CUT ABOVE

Stylist Sara Vandaele gives Caitlyn Crowell, 9, of London, a new 'do at Nova Vita (740 Richmond St.) Wednesday. Caitlyn has been growing her hair for 2 ½ years and plans to donate her lopped-off locks to A Child's Voice Foundation for use in wigs that will be given to children who have lost their hair from cancer and other medical problems. Caitlyn has also raised $660, which she will donate to the Canadian Cancer Society. ANGELA MULLINS/METRO

Water: What's it worth to you?

Campaign. Value of one of life's essentials will be discussed at length over next couple of months as city officials prepare revamped funding model

JOHN MATISZ
john.matisz@metronews.ca

Before the paperwork hits council chambers in mid-October, City of London staffers are jumping into the deep end to find out what the "value of water" is.

A citizen-engagement campaign, designed to better understand where Londoners stand on potential increases to water and wastewater service rates, is heading into its final stage before officials present a funding model to the civic works committee Oct. 22.

"We're going to take all of those ideas, and then take our technical look at the funding model in order to operate the system in the future," said Matt Feldberg, water demand manager for the City of London.

Added city engineer John Braam: "Our goal is to recommend a new funding model that is fair and equitable, sustainable, and affordable."

The topic is simple: What value do Londoners place on their water — something supported by taxpayers.

City of London officials have scheduled a public meeting for Oct. 2 at the London Public Library.

They're bringing in a guest speaker, Bob McDonald of CBC Radio's Quirks and Quarks, to deliver a speech on water.

McDonald will be paid $5,000 for his appearance, which is $22,000 less than what CBC colleague Peter Mansbridge received for his ReThink London monologue in May, Feldberg said.

It's not the first time there's been a push in London for alterations to water bills, with the issue being deferred by council several times since the mid-2000s.

"Over the past 20-or-so years, the rate structure has not been as balanced as it could be," Feldberg said. "So now, what we're trying to do is balance the needs of all of our different customers. We'd like to get down to a level where we're only dealing with inflation."

To go along with customer service surveys, the city has recently conducted five focus groups, striving to obtain feedback from people most affected by the different rate categories — for instance, commercial buildings, schools, and residential.

Have your say

Question from the city: "How would you balance the different needs of schools, hospitals, industry, small business, and residential customers?"

How to answer:

- Send questions, comments and/or suggestions to julian@london.ca.
- Attend the public meeting at the London Public Library on Oct. 2 from 4 p.m. to 6 p.m.

Follow John Matisz on Twitter @Metro_JMatisz

RBC Royal Bank

1,400 strong, Canada's largest mortgage specialist team.

Put the power of our expertise to work for you.

- Over 1,400 mortgage specialists
- Over 50 languages spoken
- Over 6,500 years of experience

Contact an RBC® mortgage specialist today.
Visit rbc.com/strong

Advice you can bank on™

®/™ Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are trademarks of Royal Bank of Canada. Personal lending products and residential mortgages are provided by Royal Bank of Canada and are subject to its standard lending criteria.

Labour dispute

McGuinty asks teachers not to halt after-school activities

Premier Dalton McGuinty is appealing to Ontario teachers not to withdraw from extracurricular activities because they're angry with the government over legislation that imposes a new contract on them.

Dalton McGuinty
THE CANADIAN PRESS

McGuinty admits teachers and the government have hit what he calls "a bit of a rough patch," but says he can't accept any decision by teachers to stop supervising clubs and teams after class.

He says extracurricular activities are "part and parcel of what kids have come to expect" from schools. McGuinty also says he's convinced teachers, "in their heart of hearts," understand that after-class clubs are really important to students and their families.

Unions representing about 191,000 teachers and other education workers say the legislation passed Tuesday with the support of the Conservatives strips workers of their constitutional rights.

THE CANADIAN PRESS

Property tax assessments

Province mulls privatizing agency after scandal

Ontario's Liberal government is considering privatizing the agency that assesses homes across the province for municipal taxes. The Progressive Conservatives accuse the Liberals of mismanagement after the Municipal Property Assessment Corporation decided to hold a retreat in Toronto at taxpayers' expense. About 1,300 MPAC employees from across the province are at the event.

Finance Minister Dwight Duncan was angry after hearing about the retreat, and says he'll look at privatizing the agency.

THE CANADIAN PRESS

Can I have a pet cow, mom?

Londoner Kim White and daughter Brooklyn, 8, extend their hands to pet a cow inside the Western Fair District's Agriplex on Wednesday. Highlighting the fair's Thursday schedule is a free concert from rock band The Arkells, who will perform on the Coca-Cola Stage starting at 7:30 p.m. JOHN MATISZ/METRO

Legislated contracts for health-care workers may be next, union warns

Ontario politics. Teachers' dispute could be mirrored in upcoming talks with London Health Sciences Centre, says head of CAW local

ANGELA MULLINS
angela.mullins@metronews.ca

Union leaders representing a variety of Ontario public-sector employees are sounding alarm bells, saying legislation forcing contracts on teachers may be the tip of the iceberg.

Tim Carrie, president of Canadian Auto Workers Local 27, is worried that some of the 2,500 London health-care workers he represents could soon be in the crosshairs as they enter contract negotiations next month with the London Health Sciences Centre.

Finance Minister Dwight Duncan has said freezing public wages is a crucial piece of the deficit-elimination plan rolled out earlier this year. Carrie and others say the government seems determined to make that happen, even if it means disrupting collective bargaining and "attacking" unions.

"It obviously gives us some real cause for concern," Carrie said about Tuesday's Queen Park's vote on the teachers' contracts. "From our perspective, again, here's government attacking some of our basic fundamental rights.

"We're tired of taking the brunt for corporate greed and major corporate tax breaks."

London West MPP Chris Bentley, a Liberal, defended the government's stance Wednesday, saying imposed contracts aren't about a lack of respect for unions or bargaining.

The government, he said, has worked closely with public-sector employees for the past nine years and made changes to benefit their jobs.

"Our record speaks to the respect that we have for all those that work in the public service," Bentley said. "Contracts over the years have reflected the times. The times today are different."

The CAW is one of many unions that are rallying behind teachers as they mull legal challenges to the government action.

The Ontario Public Service Employees Union is among the supporters, and could soon feel the weight of legislation if negotiations, which are ongoing, don't lead to a wage freeze.

Speaking during a byelection campaign stop last month in Waterloo, Premier Dalton McGuinty referenced the OPSEU talks and negotiations with the Association of Management, Administrative and Professional Crown Employees of Ontario. "We don't have any money for pay hikes," he said. "We may come to a point in time when we can't resolve that through negotiation. I understand that."

Follow Angela Mullins on Twitter @MetroAngela

By the numbers

$15B

Approximate size of the deficit Queen's Park is trying to rein in.

Mobile news

You don't see this every day. Scan the code to see how a car passing by a large crane was accidentally hooked and dragged several metres.

ASTIGMATISM?
LASIK corrects astigmatism more effectively than glasses or contact lenses.
LASIK MD VISION
LASIK starting at $490/eye*
FREE Consultation: 1-855-895-2020
lasikmd.com/astigmatism

Competitive teams

Volleyball club tryouts are on

The London Volleyball Club will have tryouts for competitive teams starting this week.

Boys U13 and U14 will be 7 to 8:30 p.m. Thursday and Sept. 20 at Mother Theresa school and Tuesday at St. Thomas Aquinas school.

Boys U16 will be 8:30 to 10 p.m. Monday and Wednesday at Catholic Central High School. Boys U15 and U18 will be 8:30 p.m. to 10 p.m. Thursday and Sept. 20 at Mother Theresa and Tuesday at St. Thomas Aquinas school. Girls U12, U13 and U14 will be 7 p.m. to 8:30 p.m. Monday and Wednesday at Catholic Central. Girls U15, U16 and U18 will be 8:30 p.m. to 10 p.m. Monday and Wednesday at CCH. METRO

Preliminary data

Housing starts up in August: CMHC

Residential construction in the London area increased last month compared to August 2011, according to the Canada Mortgage and Housing Corp. Housing starts totaled 400 in August 2012 compared to 118 a year earlier. METRO

E-waste recycling

Pitch that old computer safely

Mac Outpost, in partnership with eZcycle, is holding a computer-recycling event Sept. 21 and 22 at 152 Wharncliffe Rd. S. from 10 a.m. to 5 p.m.

Old computers, monitors, printers, copiers, scanners, peripherals, storage devices, and network devices can all be recycled. The event is geared toward private citizens and small businesses with one to several items needing to be recycled. If you have larger quantities of old electronics that need recycling, make arrangements directly with eZcycle (519-451-5470) for safe disposal. Contact Peter Miazga at peter@macoutpost.com for more information. METRO

St. Joseph's

Rush amp up for auction at tribute

The St. Joseph's Health Care Foundation's Tribute Dinner Thursday will auction off a 1970s amplifier road case once belonging to Rush guitarist, Alex Lifeson and Neil Peart-signed drum skin. Call 519-646-6085 for tickets. METRO

Nothing the Maatta with Olli as import Knight signs

A break. A classic case of hard work paying off, Olli Maatta signs entry-level contract with Pittsburgh Penguins after last year's shaky start to his North American hockey journey

JOHN MATISZ
john.matisz@metronews.ca

In a span of about 11 months, London Knights rearguard Olli Maatta has gone from a work-in-progress at the OHL level to an NHL signee.

"It's a big thing to me to sign an NHL contract," the 18-year-old Finn told Metro after practice at the Western Fair Sports Centre on Wednesday, hours after his three-year entry-level contract with the Pittsburgh Penguins became official.

"It's the next step. But, it's not over yet. I still have a lot of things to get used to here."

Selected 22nd overall by the Penguins in June's draft, the 6-foot-2, 198-pound blueliner joins Knights teammate Scott Harrington in the club's system.

"It's a really good thing we have," Maatta said of Harrington. "He's been a big help to me."

At the start of the 2011-12 OHL season, Maatta experienced the usual growing pains associated with import players. A muffed pass here, missed assignment there; he simply wasn't accustomed to the intricacies of North American hockey.

Fast forward to the Knights' unexpected Memorial Cup run, and there's a different Maatta: Cool as a cucumber, leading the OHL playoffs in rookie scoring.

"He's a motivated kid — at practice, in games, and off the ice — that obviously wants to be an NHL hockey player. He works his tail off every day," said London head coach, Dale Hunter.

Hunter adds there were times last season when Maatta's utter determination caused minor concern, saying, "We needed to tell him he has to get some rest because he was pushing the limits too often."

The way the Finland native views it, logging an extra 10 to 15 minutes after a practice to work on his one-timer was the only way to shake off some early-season rust. "It's really tough to play three-game weekends, but I know what to expect now," he said.

Maatta's workload will not only consist of top pairing minutes with London, but also a monumental role on Finland's under-20 squad. Barring injury, the 2013 world junior hockey championship will be his fifth appearance as a member of the national team, and third at the world juniors.

NHL Prospects

- *Olli Maatta, D — Pittsburgh Penguins (1st round, 2012 NHL draft)
- Chris Tierney, C — San Jose Sharks (2nd, 2012)
- Josh Anderson, W — Columbus Blue Jackets (4th, 2012)
- Seth Griffith, W – Boston Bruins (5th, 2012)
- Ryan Rupert, C — Toronto Maple Leafs (6th, 2012)
- *Scott Harrington, D — Pittsburgh Penguins (2nd, 2011)
- Alex Broadhurst, C — Chicago Blackhawks (7th, 2011)

* Signed to entry-level contract

London Knights defenceman Olli Maatta goes down on one knee to block a shot during an OHL preseason game recently. The 18-year-old Finn signed a three-year entry-level contract with the Pittsburgh Penguins on Wednesday. JOHN MATISZ/METRO

Whatever your game, it's playtime at Fanshawe

Titus Ferguson of Big Viking Games, one of the many local video game developers with exhibitions at Project Play. ANDREW SERCOMBE/FOR METRO

London's gaming community continues to grow, and now has its first gaming convention.

Project Play, an all-day, all-ages event at Fanshawe's Student Centre, will feature a wide assortment of games for people to try in the hopes of bringing together all gaming fans.

"We will be playing video games, board games, card games, tabletop games, anime, cosplay, and digital art — all for a good cause," said Greg Picken, co-organizer of Project Play.

Project Play will also feature a cosplay contest, where fans who dress up as their favourite game characters can win prizes.

A Sony tractor-trailer will also be on site.

"Sony will be parking a big rig where people will be able to check out upcoming releases and play with new Sony products," said Picken.

The event will also showcase many of London's very own game developers. Big Viking Games, Big Blue Bubble, and others will be at Project Play.

"Video-game culture is no longer fringe. Events like this show how mainstream it is," said Titus Ferguson of Big Viking Games.

Big Viking Games will be demo-ing its latest game Mech Force, as well as handing out Viking hats and toy axes.

"Londoners have always had to leave the city for events like this," said Ferguson. "We are very excited that it's a local event highlighting the strong gaming community London has developed."

Proceeds of the event will go to providing games to children at Merrymount Children's Centre, Women's Community House, and the Strathroy Women's Rural Resource Centre.

ANDREW SERCOMBE/FOR METRO

Project play

- **Time and place.** Sunday at Fanshawe Student Centre (1001 Fanshawe College Blvd.) 10 a.m. – 5 p.m.
- **Who's up.** Features more than 25 exhibitors and contributors
- **Entrance.** Tickets are $10 (free for those 10 years old and under) and can be purchased at project-play.ca or at the door.

In prison. Terri-Lynne McClintic pleads guilty to assaulting inmate

The woman serving a life sentence for the first-degree murder of Tori Stafford has added another conviction to her criminal record after admitting she beat up a fellow inmate and regretted not causing worse injuries.

Terri-Lynne McClintic, 22, was facing a charge of assault causing bodily harm for what the Crown called a "completely unprovoked" attack at Grand Valley Institution for Women, but instead pleaded guilty Wednesday to assault.

Crown attorney Julia Forward told court that the victim, Aimee McIntyre, was no longer co-operating with the Crown, so they couldn't prove certain bodily harm such as headaches she had earlier complained of having since the attack.

Ontario Court Judge Colin Westman sentenced McClintic to six months on this assault, but noted it doesn't change her life sentence because sentences run concurrently in Canada.

Forward noted that the crime should be on her record should McClintic apply for parole under the faint-hope clause, which would come into effect in 2024.

McClintic's lawyer, Geoff Snow, said she had intended to plead not guilty and go to trial on the charge until the Crown disclosed that prison staff had intercepted a letter McClintic wrote to a friend on Jan. 30, the day of the assault.

In the profanity-laced letter McClintic recounts that she confronted McIntyre about something she had said about her, and detailed the assault, saying she "got in at least a couple shots, good ones, like one or two decent face shots."

THE CANADIAN PRESS

Court

- **Appearance.** At the court appearance Terri-Lynne McClintic wore a white sweater, jeans, white shower sandals and makeup, speaking only once to say, "Yeah."

Preparing to pedal for diabetes research

Laurie Fitzpatrick, 50, centre, and Terry O'Brien, 47, all of London, hop aboard spinning bikes Wednesday outside the Covent Garden Market as LIVE360 and Elite Personal Training Studio owner Marty Menard, left, recruits more volunteers during a promotion for next week's Juvenile Diabetes Research Foundation fundraiser at the John Labatt Centre. Hundreds of people are expected to pedal for the cause Wednesday in the JLC's parking lot. Visit jdrf.ca/ride for details and to register. ANGELA MULLINS/METRO

Firearm charges

Man arrested in weapons investigation

A wanted man considered armed and dangerous by London police has been arrested.

Ronald Joseph MacDonald, 54, was arrested Wednesday afternoon without incident. He has been charged with multiple firearm and drug offences.

METRO

Education

Western law school gets large donation

A gift of $1.5 million from W. Geoff Beattie and Torys LLP has been matched by Western University to create a $3-million fund to establish the W. Geoff Beattie Chair in Corporate Law and support the Torys LLP Corporate & Securities Law Forum.

The donation will go towards enhancing research and teaching of corporate law to better prepare Western students for the business law field. METRO

Go digital for a chance to win.

Secure and simple epost™ service from Canada Post is the convenient way to keep track of all of your bills, statements, and essential documents. And best of all, it's free. Receive bills and statements for just about all your regular expenses, such as cable, phone, utilities, credit cards, and property taxes. View your digital mail with a single login. Plus, your documents are stored privately and securely for up to seven years. Sign up today at epost.ca or through your financial institution.

You could win $1,000 in our monthly draw just by registering your bills with epost.ca

Register two bills with epost and you will be automatically entered for a chance to win $1,000 in our ongoing monthly contest. And, each additional bill you register gives you an extra contest entry.*

epost™

One place. One login. One password.

Sign up today at epost.ca

Manage bills like these and many more.

Bell ROGERS TELUS Scotiabank 407 ETR

CANADA POST POSTES CANADA

* No purchase necessary. Contest runs from 12:00:00 a.m. EDT on May 1, 2012 to 11:59:59 p.m. EST on January 31, 2013. Contest is open to individuals who reside in Canada, are over the age of majority in their province or territory of residence, who are active epost users, and who have subscribed to at least two epost mailer bills throughout the previous 60 days. There are a total of 9 prizes available to be won, each with a value of CAD $1,000. There will be one prize draw per month during the contest period. Odds of winning depend on number of entries received. Selected entrants must answer a mathematical skill testing question and sign a release. Full contest rules are available at epost.ca/contestrules. ™ Trademark of Canada Post Corporation. All other trademarks are the property of their respective owners.

Match fixing: Why no crackdown?

CBC reveals wiretap evidence that details how a fix was arranged in 2009

$20,000 bribe paid off

According to the CBC, the wiretaps detail how one of the fixers — a man by the name of Zivko Budimir — arranged a fix in 2009.

He paid CSL All-Star Antonio Zupan $20,000, which he shared with four teammates on Toronto Croatia, the wiretaps show.

In exchange for accepting the bribe, Zupan and Toronto Croatia ensured they would lose by at least two goals to the Trois-Rivières Attak on Sept. 12, 2009.

Zupan, who missed a crucial penalty in the game, was successful and the final result ended 4-1 in the Attak's favour.

The fixers had wagered $143,000 on a combination of bets that included that game.

BEN RYCROFT/METRO

Time to act. A year has passed, but soccer bosses have done little, claiming they're waiting for FIFA to guide them

BEN RYCROFT
london@metronews.ca

The Canadian Soccer League has done little since learning over a year ago that European match-fixers are in Canada actively seeking to manipulate games in the CSL.

The league, which has teams in Ontario and Quebec, along with the Canadian Soccer Association (CSA), is waiting on FIFA for guidance on how to respond.

In the meantime, convicted, confessed match-fixers have been caught on tape talking about purchasing a local Canadian team.

In a documentary that aired on CBC's The National last night, CSL commissioner Vincent Ursini said the league is aware of the problem and is waiting on FIFA.

Since I brought CBC this story more than a year ago the story has grown into one that has spanned three countries and two continents.

Importantly, it would include pages of German police wiretaps and court documents.

Those documents were flush with conversations between Ante Sapina, Marijo Cvrtak and Chris Budimir — German-based match-fixers — talking about how they could manipulate games in the Canadian Soccer League.

And once they had actually done it, the tapes caught their overwhelming glee at their prospects.

"If we don't become rich here, then I don't know where we could become rich," Budimir told Cvrtak, the CBC reported.

Meanwhile, their conversations extended further, even looking at what it would take to buy a team and arguing at how fast they should go about doing that.

According to the wiretaps, Budimir reported back to Cvrtak in 2009 that players make less than $500 a month and a club in the CSL could be bought for $150,000.

According to Budimir, buying was a three-year process. Cvrtak wanted to know if it could be done in one.

"They are all amateurs … Nobody knows that they have teams there like here," Budimir told Cvrtak on the wiretap.

"One can start a team there with $150,000 and play in the first league right away."

Now that this information is public, there are calls for the CSA to conduct an investigation into who is financing teams in the CSL.

If it's going to continue to sanction the league, a full investigation by the CSA into who is financing teams in the CSL is immediately warranted. For now, the CSL has yet to file an official complaint with the local police and RCMP.

Toronto Croatia's Tomislav Ples nearly gets a boot from Dragan Cosic of the Serbian White Eagles as the two teams tied 0-0 in the second championship game at Esther Shiner Stadium in North Toronto in 2007. A German court heard evidence last year that a game involving Toronto Croatia was fixed in 2007. STEVE RUSSELL/TORSTAR NEWS SERVICE

More evidence

Even before the documentary had aired last night, three current CSL players had reached out to share what they know about match-fixing in the league.

- They each told similar tales of being approached with offers of bribes to fix games. Metro will continue to follow the story.
- If you have any information you would like to share with Metro on match-fixing in Canadian soccer, please contact letters@metronews.ca.

Glow Golf
A 9 hole game that will change your perceptions of deafblindness
In Support of
DeafBlind ONTARIO SERVICES
September 13th
5:30-11pm
Greenhills Golf Course
4838 Colonel Talbot Road, London
$75 Single Registration
$250 Foursome
Includes green fees, BBQ dinner, glow products, registration gift and a night to remember
1-855-340-3267
www.deafblindontario.com

Let's Celebrate!
Join Us For An Altbier Cask Party!
Friday September 14TH from 6pm-8pm
Sample & keep an Altbier glass & more!
Creemores First Ale
Check Out Our New Fall Bar Menu!!
Featuring London's Biggest & Baddest Hot Dog, Pulled Pork Potato Skins, MACHO NACHOS & more!
upfront at the market
130 King St. | 519-675-1020
www.upfrontrestaurant.com

U.S. sends marines to Libya after ambassador, staff killed by mob

Tripoli. Storming of consulate on 9-11 anniversary linked to anti-Muslim video, while U.S. investigates whether this was a terrorist attack

Egyptian protesters burn a U.S. flag and chant anti-U.S. slogans during a demonstration in front of the U.S. Embassy in Cairo on Wednesday as part of widespread anger across the Muslim world about a film ridiculing Islam's Prophet Muhammad. NASSER NASSER/THE ASSOCIATED PRESS

The U.S. dispatched an elite group of marines to Tripoli on Wednesday following a mob attack that killed the U.S. ambassador to Libya and three other Americans. U.S. officials are investigating whether the violence was a backlash to an anti-Islamic video with ties to Coptic Christians, or a plot to coincide with the anniversary of the 9-11 attacks.

Tuesday's stunning attack on the American Consulate in Benghazi poses a daunting task for U.S. and Libyan investigators: searching for the culprits in a city rife with heavy weapons, multiple militias, armed Islamist groups and little police control.

The one-story villa that serves as the consulate was a burned-out wreck after the crowd armed with machine-guns and rocket-propelled grenades rampaged through it. Slogans of "God is great" and "Muhammad is God's Prophet" were scrawled across its scorched walls. Libyan civilians strolled freely in charred rooms with furniture and papers strewn everywhere.

U.S. President Barack Obama vowed in a Rose Garden address that the U.S. would "work with the Libyan government to bring to justice" those who killed Ambassador Chris Stevens, information manager Sean Smith and two other Americans who were not identified. Three other Americans were wounded.

Stevens was the first U.S. ambassador killed in the line of duty in 30 years.

"We reject all efforts to denigrate the religious beliefs of others, but there is absolutely no justification for this type of senseless violence. None," said Obama, who also ordered increased security at U.S. diplomatic posts abroad.

Republican Mitt Romney accused the Obama administration of showing weakness in the consulate killings, but the president retorted that his rival "seems to have a tendency to shoot first and aim later." Some in the Republican Party called Romney's remarks hasty.

The mob attack on Tuesday — the 11th anniversary of the Sept. 11, terrorist strike in the U.S. — was initially presumed to have been a spontaneous act triggered by outrage over a movie called "Innocence of Muslims" that mocked Islam's Prophet Muhammad that was produced in the U.S. and excerpted on YouTube. The amateurish video also drew protests in Cairo, where angry ultraconservatives climbed the U.S. Embassy's walls, tore down an American flag and replaced it with an Islamic banner.

But a U.S. counterterrorism official said the Benghazi violence was "too coordinated or professional" to be spontaneous. The official spoke on condition of anonymity because he was not authorized to discuss the incident publicly.

The FBI was sending evidence teams to Libya, a law enforcement official said.

Libya's new leadership — scrambling to preserve ties with Washington after U.S. help to overthrow former dictator Moammar Gadhafi — vowed to find those behind the attack.

Interim President Mohammed el-Megarif apologized to the United States for what he called the "cowardly" assault, which also killed several Libyan security guards at the consulate in the eastern city.

Parliament speaker Omar al-Houmidan suggested the attack may have been planned, saying the mob "may have had foreign loyalties" — an apparent reference to international terrorists. "We are not sure. Everything is possible," he said.

THE ASSOCIATED PRESS

Quoted

"Canada strongly condemns and deeply regrets yesterday's senseless attack on the U.S. consulate in Benghazi, Libya.... We also urge Libyan officials to ensure the extremists responsible are brought to swift justice."

Canadian Foreign Affairs Minister John Baird, who said Canada is reviewing the security situation at its embassy in Tripoli in the wake of the killing of American diplomats in Libya

Pseudonyms

Man confirms role in anti-Islam film amid mystery

The search for those behind the provocative, anti-Muslim film that triggered mobs in Egypt and Libya led Wednesday to a California Coptic Christian convicted of financial crimes who acknowledged his role in managing and providing logistics for the production.

Nakoula Basseley Nakoula, 55, told The Associated Press that he was the manager for the company that produced Innocence of Muslims, which mocked Muslims and was implicated in inflaming mobs in Egypt and Libya.

Nakoula denied he directed the film and said he knew the self-described filmmaker, Sam Bacile. But the cellphone number that AP contacted Tuesday to reach the filmmaker who identified himself as Sam Bacile traced to the same address near Los Angeles where AP found Nakoula. Federal court papers said Nakoula's aliases included Nicola Bacily, Erwin Salameh and others.

Nakoula told the AP that he was a Coptic Christian and said the film's director supported the concerns of Christian Copts about their treatment by Muslims.

Nakoula, who talked guardedly about his role, pleaded no contest in 2010 to federal bank fraud charges in California and was ordered to pay more than $790,000 in restitution. He was also sentenced to 21 months in federal prison and ordered not to use computers or the Internet for five years without approval from his probation officer.

The YouTube account, "Sam Bacile," which was used to publish excerpts of the provocative movie in July, was posting comments online as recently as Tuesday.

THE ASSOCIATED PRESS

Pakistan. 283 killed in factory fires; lax safety regulations blamed

Fires at two clothing factories in Pakistan left 283 people dead — many trapped behind locked doors and barred windows — tragedies that highlight workplace perils in a country where many buildings lack basic safety equipment and owners bribe officials to ignore violations.

The blazes broke out Tuesday night at a garment factory in the southern port city of Karachi and a shoe manufacturer in the eastern city of Lahore. At least 258 people died in the fire in Karachi, where rescue workers were still searching Wednesday for bodies in the charred building. Another 25 perished in Lahore.

Panicked workers in Karachi had only one way out since the factory's owner had locked all the other exit doors in response to a recent theft.

THE ASSOCIATED PRESS

U.S. election. Is Barack Obama's sudden fondness for beer paying off?

A spate of new polls released this week suggests the president is gaining popularity among male voters, closing the gap on Mitt Romney's longtime advantage with white, working-class men.

Three of the surveys even have Barack Obama inching past his Republican rival for the White House among male voters — a trend that could spell doom for Romney if it continues, since most public opinion polls suggest Obama still has an edge with female voters.

Obama, a Harvard-educated civil rights lawyer long suspected of enjoying a barrel-aged chardonnay far more than a glass of stout, has been doing his part to downplay his elitist, intellectual image in order to appeal to working-class men while he's campaigning for re-election.

THE ASSOCIATED PRES

Russia. Prime minister calls for freeing of jailed Pussy Riot members

Russian Prime Minister Dmitry Medvedev on Wednesday called for three members of the punk band Pussy Riot to be freed, a sign that the women's release could be imminent since their case comes up for appeal on Oct. 1.

The band members were arrested for performing a raucous prayer inside Moscow's main cathedral asking Virgin Mary to save Russia from Vladimir Putin as he headed into the election that handed him a third term as president.

They had already spent more than five months in jail when they were convicted in August of "hooliganism driven by religious hatred" and sentenced to two years in prison.

THE ASSOCIATED PRESS

Apple iPhone 5 in stores this month

Coming soon. Lighter, thinner smartphone will be available in North America on Sept. 21

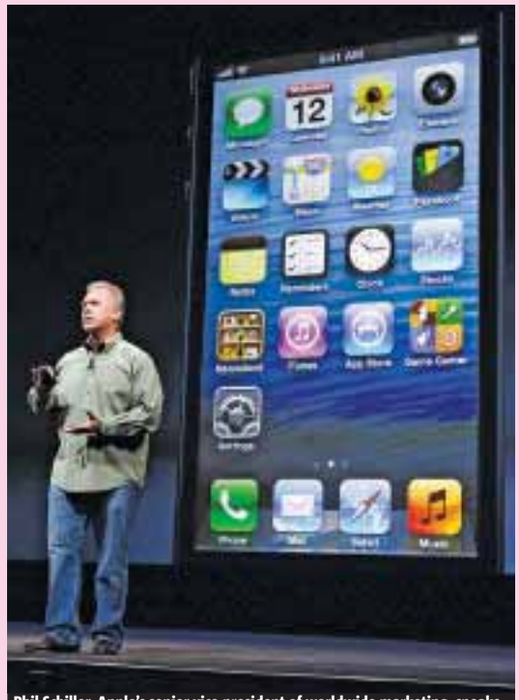
The new iPhone 5 is thinner and lighter than previous versions with a taller screen, and will be in stores in Canada, the U.S. and several other countries on Sept. 21.

The iPhone 5 is the year's most eagerly awaited phone launch. Analysts expect Apple Inc. to sell tens of millions of units before the year is out.

It will come with the capability to connect to the fastest new wireless data networks, both in the U.S. and overseas. That's another feature that was widely expected. Some competing phones have had this ability for a year and a half.

The bigger screen moves Apple somewhat closer to competing smartphones. Samsung Electronics Co., Apple's biggest competitor, has increased the screen size of its flagship phone line every year, which is about 45 per cent larger than the one on the new iPhone.

THE ASSOCIATED PRESS



Phil Schiller, Apple's senior vice-president of worldwide marketing, speaks on stage during an introduction of the new iPhone 5 at an Apple event in San Francisco on Wednesday. ERIC RISBERG/THE ASSOCIATED PRESS

New iPhone

A threat to BlackBerry?

The iPhone 5 is also a formidable threat to BlackBerry-maker Research In Motion.

The Waterloo, Ont.-based company — once known as Canada's high-tech heavyweight — has been working to turn around its operations as consumers switched to the iPhone and other smartphones running Google's Android operating system.

The company's future success rides on the unveiling of its BlackBerry 10 operating system, which has suffered two major delays that have pushed its debut into early 2013 — past the holiday shopping season that Apple has squarely in its sights.

The other Sept. 21 launch countries are Australia, France, Germany, Hong Kong, Japan, Singapore and the U.K.

THE ASSOCIATED PRESS

Internet jokers decided the iPhone 5 could assume any shape, generate French fries and turn water into wine. Go to metronews.ca to read social media's silliest predictions.

Market Minute

DOLLAR 102.4¢ (-0.35¢)

Natural gas: $3.063 US (+7.1¢)
Dow Jones: 13,333.35 (+9.99)

TSX 12,232.62 (+12.17)

OIL $97.01 US (-0.16¢)

GOLD $1,733.70 US (-$1.20)

Fast food. McDonald's to develop 'Made in Canada' plan for caloric content

McDonald's restaurants across the U.S. will soon get a new menu addition: the number of calories in the chain's burgers and fries.

The world's biggest hamburger chain said Wednesday that it will post calorie information on restaurant and drive-thru menus in the U.S. starting Monday.

McDonald's Canada spokesman Louis Payette said that conversation has progressed differently in Canada than it has in the U.S.

"McDonald's Canada is actively working with all levels of government, NGOs and industry stakeholders to develop an appropriate 'Made-in-Canada' solution to displaying comprehensive nutrition information that is easily accessible to customers prior to purchase," Payette said.

He noted that McDonald's Canada is a "longtime industry leader" in providing nutrition information, introducing its first Food Facts brochure more than 30 years ago.

THE ASSOCIATED PRESS

In numbers

260

McDonald's is testing healthier options for next year, such as an Egg McMuffin made with egg whites and a whole-grain muffin. The sandwich has Canadian bacon and white cheddar cheese and clocks in at 260 calories. It will be called the Egg White Delight.

Air travel. Frontier is latest airline to sidestep online travel agencies

Some airlines are making travellers work harder to find a deal. Carriers are offering more deals to passengers who book flights directly on their websites.

It's an effort to steer people away from online travel agencies such as Expedia, Orbitz and Travelocity, which charge the carriers commissions of roughly $10 to $25 a ticket.

While travellers save money, they also must do without the convenience of one-stop shopping.

Frontier Airlines is the latest carrier to jump into the fight, announcing Wednesday that it will penalize passengers who don't book directly with the airline. Those fliers won't be able to get seat assignments until check-in. And they'll pay more in fees while earning half as many frequent flier miles.

Contracts with online travel agencies prohibit airlines from offering lower fares on their sites. Instead, airlines such as JetBlue Airways Corp., Spirit Airlines Inc. and Virgin America often provide discount codes in emails to their frequent fliers or through Facebook and Twitter.

THE ASSOCIATED PRESS

Frontier Airlines jetliners sit stacked up at gates at Denver International Airport. Carriers are offering more deals to passengers who book flights directly on their websites. DAVID ZALUBOWSKI/THE ASSOCIATED PRESS

A REMEDY FOR A CASE OF THE MAYOR ROB FORD

HE SAYS...
John Mazerolle
metronews.ca

Whether you suffer from Toronto Mayor Rob Ford or just know someone who does, this guide will help you understand the issue and symptoms of Toronto Mayor Rob Ford and how to talk about it.

In this pamphlet you'll find helpful tips for coping, and an explainer for those outside Toronto, many of whom have found themselves asking WTF — Why the Ford Administration?

What is Toronto Mayor Rob Ford?:

Rob Ford spent a decade inside Toronto causing minor outbursts, with observers paying little heed to the symptoms. However, the unexpected bonding with a mayor's chair two years ago has made Toronto Mayor Rob Ford — or TMRF — more powerful than previously expected.

Thanks to a series of TMRF incidents appearing on the national news, Toronto Mayor Rob Ford has crossed over the so-called municipal barrier and has now infected the national consciousness.

It's not unusual for people as far away as Vancouver or St. John's to ask, "Is this for real?" It most definitely is.

Some symptoms include disbelief at what you're hearing, disbelief at what you're seeing, and journalists high-fiving each other at their uncommon good luck.

The end result is a rash of scandals. Don't pick at them.

These itchy scandals come in many varieties:

- Tickling: Ford blamed a plastic bag ban passed by city council on the public because, he said, 'a couple hundred thousand people' should have rallied in opposition.
- Sore: Ford gets angry a lot, including a confrontation where he made a reporter drop his tape recorder on the ground.
- Life-threatening: Ford said he "probably" reads while driving on Toronto's eight-lane highway because he's "busy."

This would be a good place to remind people that TMRF is real.

How did this TMRF happen?:

It's not uncommon for people across the country to ask Torontonians how TMRF came to be.

The first thing for sufferers to know is they have absolutely nothing to be ashamed of. One of the unusual traits of TMRF is that it only causes discomfort in people who don't want it.

To understand, one must look at an X-ray of a Toronto election map, which looks like the inverse of a U.S. election map. The liberal interior — what most outsiders think of when they think about Toronto — fought hard against TMRF, while the suburban edges breathed it deep.

What can be done:

TMRF can drain your energy, hope and drive, but there are options. Ways to eliminate symptoms include:

- Tilting way to the right.
- Plugging your ears and closing your eyes and singing la la la la la for the next two years.

Of course, some people are immune or even enjoy TMRF, including journalists, comedians and other people who enjoy a good story.

As for voters who think the country needs more TMRF and would be happy to see it spread everywhere: Please put this down and watch the road.

No cure has been found for Toronto Mayor Rob Ford (TMRF).
NATHAN DENETTE/THE CANADIAN PRESS

Not quite a pot of gold

PAUL GOLDSTEIN/REX FEATURES

Wildlife photography

Not even a double rainbow

It's not a pot of gold or even a double rainbow, but a giraffe that you can find at the end of this rainbow.

This is just one of the countless wondrous sights professional photographer and holiday tour guide Paul Goldstein has witnessed in his adventures in far-flung locations from the Arctic to the plains of the Masai Mara in Kenya.

METRO

Ethics

Giving back after taking away

Goldstein is always keen to give back to the regions he photographs.

"Ethics with photography is massively important. Every penny of every photograph I sell goes to one of two foundations: one in India to a tiger foundation in Madhya Pradesh, and one in the Masai Mara, where I'm co-owner of three safari camps."

METRO

Paul Goldstein CONTRIBUTED

Photog's viewpoint

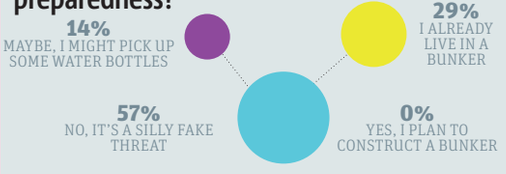
"There's a huge difference between a snapshot and a photograph. A photograph suggests diligence, graft and imagination."

Paul Goldstein, photographer and tour guide for travel company Exodus
"I like to push people so they can get the most from their cameras, without the camera dominating the safari," he says.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Has the U.S. government's tongue-in-cheek warning of a zombie apocalypse pressured you into better disaster preparedness?



Twitter

@paisley_girl73:
Here's a question for #ldnont parents of young children: how much do you pay your teenage babysitter?

@itsjenner:
Just picked up our wedding bands from Bob Burke in #LDNont I'm in love with the rings! Thank you Bob Burke!

@aimee_brewer:
Chocolate lab loose on Edward St in old South London. :(in the Duchess/Techumsea area. #LdnOnt

@Mathewh:
lots of good tips today on the pedicure front in #ldnont. thanks all!

@Canucklehead_ca:
If you're not already following @MoLdnOnt - you should go ahead & do that. Moustache season is almost here #LdnOnt! ROAM PROUD.

metro

President: Bill McDonald • **Vice-President & Group Publisher, Metro Eastern Canada** Greg Lutes • **Editor-in-Chief** Charlotte Empey • **Deputy Editor** Fernando Carneiro • **National Deputy Editor, Digital** Quin Parker • **Managing Editor, London** Jim Reyno • **Managing Editor, News & Business** Amber Shortt • **Managing Editor, Life & Entertainment** Dean Lisk • **Vice-President, Sales** Quin Millar • **National Sales Director** Peter Bartrem • **Sales Manager** Charlotte Piper • **Distribution Manager** Rob Delvallet • **Vice-President, Business Ventures** Tracy Day • **Vice-President, Creative** Jeff Smith • **Vice-President, Marketing & Interactive** Jodi Brown • **Vice-President, Finance** Phil Jameson • **METRO LONDON** • 350 Talbot Street Main Floor London ON N6A 2R6 • **Telephone:** 519-434-3556 • **Fax:** 888-474-3094 • **Advertising:** 519-434-3556 Ext. 2222 • adinfolondon@metronews.ca • **Distribution:** london_distribution@metronews.ca • **News tips:** london@metronews.ca • **Letters to the Editor:** londonletters@metronews.ca

THOUSANDS OF $$$ IN AUCTION SAVINGS —UP TO 50% SAVINGS!—

METROAUCTIONS.CA

LONDON ECO-ROOF MANUFACTURING INC.

A wide range of colors and applicability of the panels on various roof profiles allow the matching of the roof to the exterior of the building and the surroundings. The length of the tile panels are cut to an optimal size to eliminate wastage and keep the client's cost as low as possible.

Unlike other roofs, installation of metal roof panels is quick and inexpensive.

Check out this item at www.metroauctions.ca!

OTHER PARTICIPANTS INCLUDE...

goodwill · Moffatt & Powell RONA · mashup kids · GoodLife FITNESS · The Ridge · Interior Accents · Porky's · JUSTSWEAT

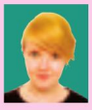
BIDDING IS AS EASY AS 1... 2... 3!

1. Register at www.metroauctions.ca
2. Peruse the site for items you like.
   All new! All local!
3. Place your bid.
   It's that easy!

metro

Cottage life works for Lonnie in the Garden

New EP. Psychedelic Cottage recorded in band's home, studio and live venue



BACKSTAGE PASS
Amanda Grant
london@metronews.ca

Local outfit Lonnie in the Garden celebrates the release of its new EP Psychedelic Cottage Saturday night. HANDOUT

"We flew by the seat of our pants with this album," said Lynne Craven, front woman of psychedelic folk band Lonnie in the Garden. "But I'm so, so happy with how it turned out."

On Saturday night the local group is celebrating the release of its latest EP with a live outdoor show at the Craven Cottage (57 Evergreen Ave.).

The cottage is Craven's home-turned-venue, often hosting shows for local and touring bands. It is also the makeshift recording studio for Lonnie in the Garden, adapted by Craven's bandmate (and roommate) Adam Sturgeon.

The band's new EP Psychedelic Cottage was recorded there over three days in March.

"It was a really spontaneous process," Craven said. "We knew we had three days and we figured we'd just get as much done in that time as possible."

On the first day of recording, the band's drummer got sick, so, with some advice from Sturgeon, Craven focused on her signature a capella and acoustic tracks.

The strong vocals of Craven and tight harmonies performed by Natasha Roberts are the most striking elements of any Lonnie in the Garden song. Both classically trained choral musicians, the pair play off each other, changing harmonies, and sometimes words, as they go along.

"I have a pretty unique writing process," Craven said.

"I never write anything down. Natasha has the talent and the ability to watch me and know where I'm going and challenge herself to come up with harmonies."

The opening track of the EP, Hello Hello, is particularly special to Craven.

"It's very close to my heart," she said, "because it's the first song I asked Natasha to sing with me."

Saturday's performance won't be nearly as stripped down. Craven will be performing with her full band, including three guitars, bass and drums.

"That's where the psychedelic element comes in," Craven said. "We create this wall of instrumentation."

Saturday's release is an all-day affair, starting at 11 a.m. with a yard sale. At 8 p.m. the music will get underway with a set from local DJ MediaFrenzy and a performance by Montreal's Akua.

Originally from London, Lonnie in the Garden's album release party marks Akua's first show in her hometown.

Tickets are $5 or pay what you can at the door. Hand silk-screened albums will be for sale for $10.

Around town

- **Music.** Friday night Polaris long-lister Shotgun Jimmie performs at APK Live along with Daniel Romano, Lowlands, and former Londoner Alanna Gurr. This is a packed lineup, not to be missed. Tickets are $5 in advance available at Grooves Records, Hot Dog Musique and Cinema, and APK Live.
- **Art and music.** Saturday afternoon marks the Forest City Gallery's annual general meeting barbeque. This year the event features live performances hosted by the gallery's neighbours at Hot Dog Musique and Cinema. Say Domino, Ester Grey and Bleet are on the bill, playing between 2 and 6 p.m.

On the web

Where did all of MTV's viewers go? Visit metronews.ca/scene or scan this code to find out what the ratings were like for its annual VMA show

CIBC PHOTOS

EMOTIONAL CONNECTION

CIBC RUN FOR THE CURE STEPS OUT FOR BREAST CANCER

In 1997, CIBC became the title sponsor of the Canadian Breast Cancer Foundation's Run for the Cure. Now in its 21st year, the Canadian Breast Cancer Foundation CIBC Run for the Cure is the largest single-day, volunteer-led fundraiser dedicated to raising breast cancer funds and awareness.

The 2012 CIBC Run for the Cure will take place Sunday, Sept. 30, in 60 communities across Canada.

Karen Ringstead, the B.C. and Northern Territories run champion, will take part in the CIBC Run for the Cure once again, her 18th year of participation. She lists her favourite moment as watching a recent survivor — a CIBC employee — with her whole family being cheered by Team CIBC upon crossing the finish line.

"I don't want to see cancer move into the fourth generation in our family," says Karen, whose great-grandmother, grandmother, great aunt and mother have all battled breast cancer. "I think it's so important to create awareness of early detection, minimizing risk and how we all can make a difference in fighting against breast cancer."

This year, an estimated 23,000 Canadians will be diagnosed with breast cancer. Most people who take part in CIBC Run for the Cure events have been touched by breast cancer in some way; it's an emotional connection that many Canadians have shared.

Last year, close to 170,000 CIBC Run for the Cure participants raised more than $30 million in events held across the country to fund research, education and awareness programs that are making a difference in the lives of Canadians affected by breast cancer.

More than 13,000 CIBC employees and volunteers helped Team CIBC raise more than $3 million through the collection of pledges, fundraising and contributions from the CIBC Pink Collection.

"Our involvement started with a handful of dedicated and passionate employees and has grown into an important part of the fabric of our organization," says Christina Kramer, CIBC's executive vice-president and national run champion.

The events themselves have a festive air about them; teams and other groups of family and friends, some with kids in strollers and others with dogs, will walk or run the route together. Some will wear pink wigs or boas; others will carry pink balloons and banners. White T-shirts will proclaim the slogan, "Who are you running for?

There will be lots of breast cancer survivors walking and running, too. Somewhere near the starting line, participants can post personal messages for loved ones and others on the Wall of Hope.

To find out how you can get involved to help raise funds and awareness, visit runforthecure.com. *– Jane Doucet*

FACTS & FIGURES

- CIBC became the title sponsor of the Canadian Breast Cancer Foundation's Run for the Cure in 1997.
- Now in its 21st year, the Canadian Breast Cancer Foundation CIBC Run for the Cure is the largest single-day, volunteer-led fundraiser dedicated to raising breast cancer funds and awareness.
- In 2011, CIBC Run for the Cure events raised more than $30 million to fund research, education and awareness programs that are making a difference in the lives of Canadians affected by breast cancer.
- Last year, Team CIBC raised $3 million through contributions to the CIBC Pink Collection, fundraising events, and the collection of pledges.

CIBC PHOTO

CONNECTING VIA SOCIAL MEDIA

CIBC is using social media to inspire Canadians to get engaged, share their stories and register for the CIBC Run for the Cure, which is taking place across Canada on Sunday, Sept. 30.

This year, CIBC introduced two innovative social media initiatives to connect with as many people as possible in the Canadian Breast Cancer Foundation's CIBC Run for the Cure.

The first is to create your own video using the CIBC For All My Girls MashApp on Facebook. Here, you can upload your favourite photos and videos of family and friends who have inspired you to take part in the CIBC Run for the Cure.

You can also choose from a selection of music tracks and add captions. Check out the Mashapp on Facebook at CIBC Community Matters, where ET Canada host Cheryl Hickey introduces a how-to video.

The second is making a personal Pinspiration for a Cure board by using Pinterest. You can pin and re-pin inspiring images, videos and content, anything from healthy recipes to workout and training tips.

GIVE THE GIFT OF PINK

Tote bag, $5

Last year, through the generosity of CIBC clients, employees and the general public, more than $1.9 million was raised through fundraising events and contributions from the CIBC Pink Collection of products, which is available exclusively at CIBC branches across Canada.

The 2012 CIBC Pink Collection features a friendship bracelet for $2, a shoelace lapel pin for $3, a tote bag for $5, a keychain for $6, and a teddy bear for $10.

"CIBC is proud to support the Canadian Breast Cancer Foundation because of the work they do in not only finding a cure but in prevention and early detection as well," says Christina Kramer, CIBC's executive vice-president and the national run champion. "Our CIBC Pink Collection is another way to show our support and raise awareness for such an important cause."

The 2012 CIBC Pink Collection was officially launched at branches across Canada on July 26. CIBC works with suppliers to create products and also takes ideas to its employees for the input.

Teddy bear, $10

"The foundation continues to be inspired by CIBC's ongoing commitment to the CIBC Run for the Cure," says Kramer. "The funds raised by the CIBC Pink Collection, in addition to Team CIBC fundraising and volunteer support, is a testament to the tremendous dedication of CIBC's staff and clients toward our vision of creating a future without breast cancer."

It's imperative to the program that the most possible money goes back to the Canadian Breast Cancer Foundation (CBCF). In fact, 100 per cent of net proceeds from the pink products support the CBCF.

CIBC Pink Collection "hangtags" identify the product and the cause; they also show the suggested contribution amount. People usually contribute the suggested amount on the hangtag, if not more.

To view the CIBC Pink Collection, visit cibc.com/cibcpinkcollection or drop by any branch. Quantities are limited and available only while supplies last.

– Jane Doucet

CREATE A FUTURE WITHOUT BREAST CANCER

CIBC PHOTO

In August, CIBC and the Canadian Breast Cancer Foundation (CBCF) issued the Corporate Spirit Challenge to the Canadian business community to enter a team in the 2012 CIBC Run for the Cure runs and walks taking place across the country on Sunday, Sept. 30. Their participation would help raise money to fund research, education and advocacy for breast cancer.

"Team CIBC is passionate about supporting the CBCF's vision of creating a future without breast cancer," says Christina Kramer, CIBC's executive vice-president and national run champion.

"Through the Corporate Spirit Challenge, we invite companies of all sizes across Canada to get involved by registering a team in Run for the Cure events."

Over the years corporate teams have had an enormous impact, raising more than $5 million in 2011 alone to help make a difference in the lives of those with breast cancer and their loved ones.

To recognize corporate participants' dedication and significant contributions, the CIBC Corporate Spirit Award will be presented to the top fundraising team at each CIBC Run for the Cure site across the country on Sept. 30.

A returning corporate team is the Fairmont Royal York in Toronto. "The CIBC Run for the Cure allows us to unite in support of a cause that has impacted our hotel team, their families and our guests," says Heather McCrory, CIBC Run for the Cure team captain and Fairmont Royal York regional vice-president and general manager.

The leadership of the corporate team members, who volunteer their time and who fundraise in support of the breast cancer cause, is truly inspiring.

"The employees who take part in the CIBC Run for the Cure through corporate teams make it possible for the foundation to continue funding the most promising breast cancer research and supporting the breast cancer community across the country," says Sandra Palmaro, CEO of the Canadian Breast Cancer Foundation–Ontario Region.

CIBC is a prime example of corporate stewardship; it became the title sponsor of the CBCF's Run for the Cure in 1997.

"We aim to make a difference in communities through corporate donations, sponsorships and the volunteer spirit of our employees," says Kramer. "We have been very proud to partner with the Canadian Breast Cancer Foundation for so many years as part of our long-term commitment to this important cause."

– Jane Doucet

STUDENTS TAKE UP THE CHALLENGE

CIBC and the Canadian Breast Cancer Foundation (CBCF) have once again issued a challenge to Canada's college and university students to see who can raise the most money for breast cancer research, education and awareness initiatives.

"The goal of the Post Secondary Challenge is to encourage students to participate in a way that is both meaningful and fun," says Christina Kramer, CIBC's executive vice-president and national run champion.

By taking part in the challenge, students are making a difference to a very important cause while also getting a chance to win a concert for their school fundraising team and a CIBC Education Award to help fund their post-secondary education.

Students can register a CIBC Run for the Cure Post Secondary Challenge team and raise funds online. The top 10 student fundraisers and the top student fundraiser in each of the five CBCF regions can win a $2,500 CIBC Education Award. In addition, the top fundraising school team or teams will win a concert by Walk Off the Earth, a five-piece band based in Burlington, Ont.

For more information and full contest details, visit CIBC Student Life on Facebook or runforthecure.com/psc.

Sack the sequels — these original animated films are fresh and unique

Fall film lineup. These children's films will entertain the entire family with their unique approaches and great casting

HEIDI PATALANO
Metro World News

Kid-friendly films are churned out all year, but this season offers some of the most attractive and innovative animated movies that are all, shockingly, not sequels.

Finding Nemo, Sept. 14
The modern classic about a timid clownfish in search of his father gets the 3D treatment.

Hotel Transylvania, Sept. 28
The Adam Sandler fraternity that includes Kevin James, David Spade, Jon Lovitz and Andy Samberg gives voice to this animated feature about Dracula's lavish resort for monsters craving a human-free vacation.

Hotel Transylvania opens on Sept. 28. HANDOUT

Frankenweenie, Oct. 5
Tim Burton rarely fails when it comes to kooky animated features, and this film about a boy's quest to reanimate his dog should be no different. Shockingly, Burton's wife, Helena Bonham Carter, is not in the cast — but Winona Ryder is.

Wreck-It Ralph, Nov. 2
If there's one animated feature Metro is dying to see this season, it's this 8-bit video game adventure. John C. Reilly voices the title character who, growing tired of his villain status, seeks to become a hero but unleashes a deadly enemy in the process.

The film is loaded with great comic talents such as Mindy Kaling, Jane Lynch, Jack McBrayer, Sarah Silverman and Horatio Sanz.

Rise of the Guardians, Nov. 21
You can't exactly call it a Shrek knock-off, but this 3D animated film featuring characters like Santa Claus, Jack Frost, the Sandman, the Tooth Fairy and the Easter Bunny — does bear a striking resemblance. Featuring the voice acting of Chris Pine, Alec Baldwin, Jude Law, Hugh Jackman and Isla Fisher, Guardians must be worth its mettle to draw such a strong cast.

Exclusively online

Want more?

- **More.** Visit metronews.ca for more of our fall movie preview, and pick up Metro later this week for more films, including our look at date night fare and comedies.

The Perks of Being a Wallflower opens Sept. 21. HANDOUT

Need a good reason to get out of the house with your spouse?

Date-night movies. From tween love stories to the more serious, there is something for everyone this fall

HEIDI PATALANO
Metro World News

There's nothing like a movie that examines the nature of relationships to put your own under the microscope, but these selections will make the process less painful.

The Perks of Being a Wallflower, Sept. 21 (limited)
Stephen Chbosky's book by the same name has often been considered a modern classic in young adult literature. Directed by the author, this film also boasts Emma Watson in one of her first post-Potter outing.

Quote

Hopefully all your tears will have dried from the demise of Robsten by the time promotion of this film requires that the two actors offer squirm-inducing explanations for their public breakup.

Pitch Perfect, Oct. 5
Find yourself having Glee withdrawal? Hollywood will keep you supplied with the high school musical smack that'll keep you going till the next fix. Anna Kendrick, Christopher Mintz-Plasse and Brittany Snow star in this film about an all-girls a-capella group determined to crush their male opponents in a singing competition.

Twilight Saga: Breaking Dawn — Part Two, Nov.16
Hopefully all your tears will have dried from the demise of Robsten by the time promotion of this film requires that the two actors offer squirm-inducing explanations for their public breakup during an excruciating series of interviews. There's not enough ice cream in the world that will make this better.

Silver Linings Playbook, Nov. 21
It's a bit hard to imagine Bradley Cooper as a broken man freshly checked out of the mental institution, but we think he has the chops to convince us.

‘It’s the kind of thing you don’t say no to if you’re in comedy’

Comedy. Family Guy creator Seth MacFarlane opens SNL season as guest host

You might think Seth MacFarlane has a show-biz bucket list.

By now, he’s checked off ventures like his animated TV shows (led by Family Guy), his recording of show tunes, live performances at Carnegie Hall and this summer’s film comedy, Ted, which he directed, wrote and provided the title character’s voice for. Now MacFarlane will serve as guest host this week for the season premiere of NBC’s Saturday Night Live. Was this just the next gig on his to-do list?

“Not exactly,” MacFarlane said Tuesday. “When things come up, I tackle them if they sound fun. That’s how I decide what to do and what not to do. It’s what sounds like it’s going to be a good time.”

But there’s another reason he was reporting to Studio 8H.

“They asked me,” he explained. “It’s the kind of thing you don’t say no to if you’re in comedy.”

For a multimedia comedy impresario, MacFarlane might not seem ideally suited to SNL, where he is being treated warmly, but not in his customary role as the boss.

“It’s always a nice break to *not* be the guy in charge,” he insisted. And with his edition of SNL being polished off in just a week, the routine should prove a refreshing change, too.

“It’s the complete antithesis of the nine months it takes us to do one episode of an animated series.” While MacFarlane arrived Monday with a few sketch ideas, “this is a large writing staff that’s well equipped to do what they do,” he pointed out. “I sat in on a pitch where writers threw out a bunch of one-line sketch ideas, and there were a lot of hilarious ones. There’s no shortage of fresh stuff.”

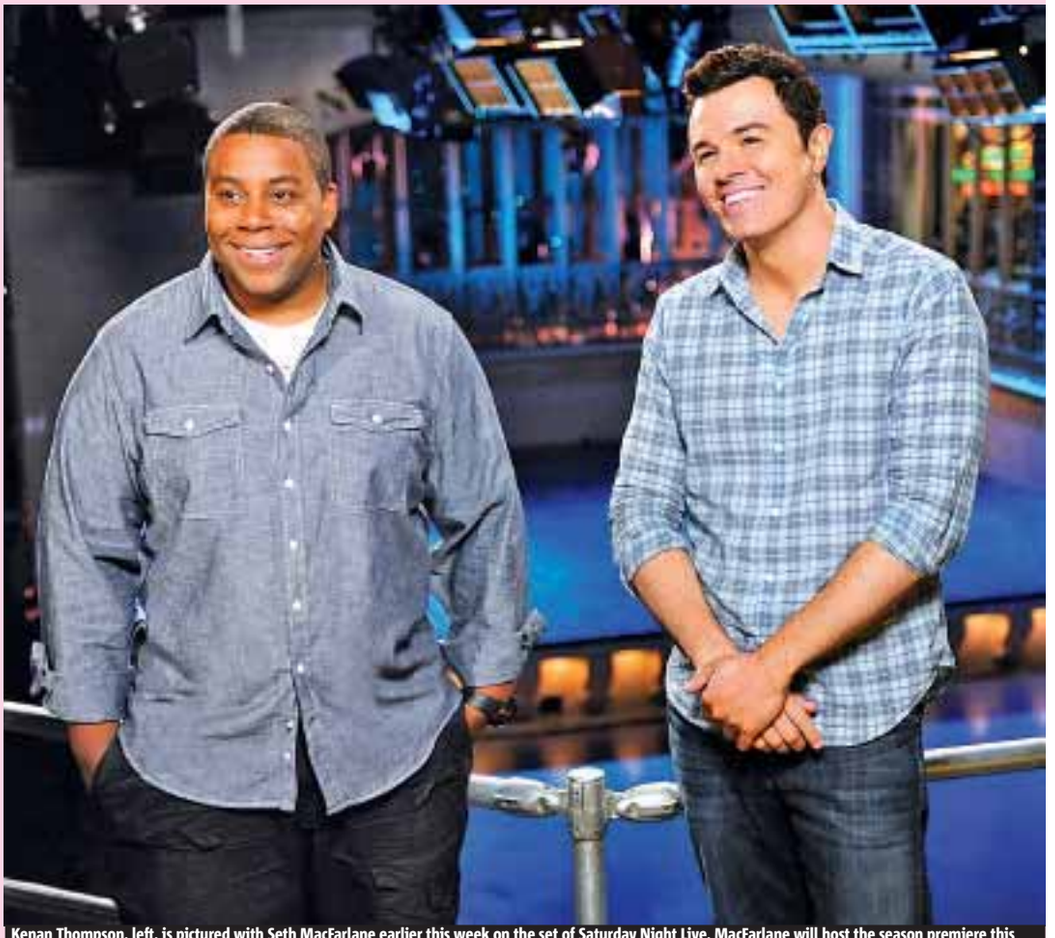
But along with comedy, will the silver-throated MacFarlane sing a song on the show? “Possibly,” he said. “But it’s too soon to tell.”

As the series begins its 38th season (Saturday at 11:30 p.m. ET), MacFarlane will be sharing the bill with musical guest Frank Ocean. Meanwhile, cast member Cecily Strong and featured players Aidy Bryant and Tim Robinson will be joining the troupe.

THE ASSOCIATED PRESS

Future plans?

- Looking beyond Saturday, MacFarlane said future projects he’d like to do include another film and even maybe an on-camera acting role.
- “We’ll see if this weekend is a disaster or not,” he hedged. “But I do like trying things I haven’t tried before. It kind of gets the blood going.”



Kenan Thompson, left, is pictured with Seth MacFarlane earlier this week on the set of Saturday Night Live. MacFarlane will host the season premiere this Saturday, with musical guest Frank Ocean. HANDOUT

THAT’S THE POWER OF WIND™

NOKIA LUMIA 710 $0 on WINDtab™
MOTOROLA RAZR™ $99 on WINDtab™
HTC One S™ $99 on WINDtab™

THE LATEST
SMARTPHONES FROM $0
ON PLANS WITH NO TERM CONTRACTS.
CUE THE HAPPINESS.

Learn more at WINDmobile.ca

WINDtab prices above available only with the $40 plan. All services subject to WIND’s Terms of Service and are for personal use by an individual. Other conditions apply. Learn more at WINDmobile.ca. Nokia and Nokia Lumia 710 are registered trademarks of Nokia Corporation. © 2012 Nokia. WIND, WIND MOBILE and WINDtab are trademarks of Wind Telecommunicazioni S.p.A. and are used under license in Canada by Globalive Wireless Management Corp. All other trademarks are the property of their respective owners. © 2012 WIND Mobile.

Paloma Faith's new album is Fall to Grace and its polished songs will break your heart. GETTY IMAGES

Paloma Faith's new album plays out like a soundtrack to heartache

Fall to Grace. Sad songs say so much; 'a broken heart beats beneath' the tunes on Grace

PAT HEALY
scene@metronews.ca

With tabloids touting headlines like "Pregnant Adele's joy," you might find yourself thinking: "That's great that she's happy, but where am I gonna get my fix of sad songs sung by soulful British women?"

The answer to your checkout-line musing is Paloma Faith's new album, Fall to Grace. With lyrics like "This is agony, but it's still a thrill for me" and "Falling never hurts, but landing does" paired with classic soul song structures and shamelessly contemporary pop production, Grace is your latest soundtrack to heartache.

Faith, a tabloid fixture in her own right in the U.K., even helped Adele's career kick off.

"I just kind of gave her one of her first gigs," she says humbly. "I didn't give her her start. She gave herself her start." Faith doesn't mind the comparisons: "If it was somebody who wasn't doing quite as well as her, I might feel strange. But honestly, if I could have a tenth of the success that she's had in the U.S. then I'd be smiling forever into my grave."

Smiling into the grave is what Grace is all about. Songs are hooky and polished, but a broken heart beats beneath.

"There were songs on the record that were produced to sound super hopeful, but when you listen to the lyrics they're sad," she says. "I wouldn't say it's a tragic record. It's a realistic record."

Back to basics

With such a pop sheen, courtesy of producer Nellee Hooper, it's hard to believe that Paloma Faith will be bringing these songs to small watering holes. "It's very sort of back-to-basics for me," says Faith. "The venues are small, and I can't bring my full setup."

- But she's not complaining. "The bigger you get with the production, the less you can do with spontaneity," she says. "You've got to plan with the lighting people and plan with the sound engineer what you're going to do, whereas this is more stripped back." In so many ways the small watering hole is appropriate for a soulful album like this.

Fragrant World, third album for Yeasayer

Layering sounds. Brooklyn act enjoys task of experimenting while keeping music fresh, interesting

LUKE O'NEIL
scene@metronews.ca

Chris Keating of Yeasayer performs in Los Angeles Sept. 2. KARL WALTER/GETTY

For an experimental-minded band with an ear for hooks, there's a fine line to walk between pushing new sounds forward and maintaining a larger audience's attention. That's the dichotomy at work in the music of Yeasayer, the Brooklyn band that released its third record, Fragrant World, late last month.

The follow-up to their breakthrough indie hit Odd Blood picks up where that eclectic mix of far-flung rhythms, synths and off-kilter dance beats left off, on songs like Longevity, a churning layer cake of sound that squiggles and glitches, but coalesces into a romantic, multi-tracked harmonized groove "That's the challenge, right? Trying to make some interesting sounds, but have them work in a three-and-a-half to four-minute context," says vocalist Chris Keating.

"Trying to walk that line between experimenting and still have interesting melodies that are accessible, it's part of the fun."

Theirs is a process of stuffing as many tracks into one song as possible, says Keating.

"We'll build up songs until they're sky-high and start to strip away for a lot of it."

He says it's a technique he's long admired in the music of Prince.

"We pile on ideas, then strip away a lot of the middle and lower layers, and leave this floating melody."

SHOPPERS DRUG MART
SEE WHAT'S NEW... CHECK OUT OUR LATEST OFFER ON PAGE 18

The hit album that almost wasn't

Canadian content. Sloan celebrates Twice Removed, a beloved record once considered a failure

Jay Ferguson, left, and Chris Murphy, of rock band Sloan, pose for a photo in their Toronto rehearsal space last month. MICHELLE SIU/THE CANADIAN PRESS

Now that it's a fixture on lists of the greatest Canadian rock albums of all time, it's easy to forget that Sloan's Twice Removed was once reviled.

Or at least it was by the behemoth of alt-rock record labels, Geffen, when the Halifax quartet delivered the glimmering LP, a thoughtful collection of brightly lit guitar-pop.

Twice Removed was an admitted left-turn from the group's distortion-contorted debut Smeared, and at a time when the modern-rock charts were dominated by sludge-slinging Nirvana imitators, their sophomore album was not what the label wanted to hear. It was clean, back when "clean" was a dirty word.

The album killed the golden goose. It broke up the band. But now they're celebrating it, in the form of a deluxe vinyl reissue and a cross-country tour during which Sloan will play the record in its entirety.

Back when Geffen first rejected it — when they asked the band to re-record the entire thing — the band certainly never imagined they would one day warm to the album.

"Self-doubt is my default setting — but I was the most torn up about it," said bassist and co-frontman Chris Murphy in a recent interview from their cluttered Toronto rehearsal space.

"I probably would have done anything, I was so excited to be on Geffen. ... 'Oh, they're asking us to record the whole thing again? I guess that's what you do. I guess that's what we should do.'

"I'm glad that we didn't."

So are the album's legions of fans.

But they didn't really exist back in 1994. Sure, Sloan did have fans. A couple of years prior, they had inked a deal with Geffen — the home of Nirvana, Beck and Sonic Youth — on the strength of their 1992 Peppermint EP, and followed it with their messy but charming full-length Smeared later that year.

That debut was a moderate chart success in Canada, but was most notable for the seemingly rosy future it forecast. In truth, Smeared was a dissonant pastiche of various indie-rock influences, one which both belied the band's inexperience and hinted at real songwriting skill submerged under the layers of fashionable fuzz.

That album, of course, is celebrating its 20th anniversary this year. But the band didn't really savour the idea of playing Smeared front-to-back every night.

"There'd be a bunch of songs where we'd be like: 'Ugh. Skip that one,'" laughed Murphy.

THE ASSOCIATED PRESS

Influences

- Sloan dug deep into their influences — including the Velvet Underground, Slint, '80s hardcore and, of course, some classic British pop — while penning the songs that would form Twice Removed. There was certainly a degree of defiance as they rejected the direction most of the rock world was taking.
- "We were kind of running from grunge and this sort of house of cards that it seemed to be — all that 'poor man's Nirvana' (stuff)," Chris Murphy said.

metro
CANADA'S FIRST NEWS APP IN NEWSTAND
Now available for iPad, iPhone and iPod touch!
Available on the App Store

WALK-IN CLINIC
NOW OPEN
• No appointment necessary
• Treating all types of illness
Dr. Parry
Dr. Bali
Dr. Berry
Monday–Wednesday 9-5pm
Thursday 9-1:30pm
Friday 9-5pm
and every other Saturday 11-3pm
Pharmacy on site
AIM Health Group
Integrating Health and Wellness
London – Central
458 Central Ave
519.432.3595

Does your child struggle with his or her weight?
Do you and your child want to talk about ways to address the challenges to living a healthier life?
If your child is overweight and between the ages of 8-14, you and your child may be eligible to participate in "C.H.A.M.P. Families" at Western this October.
"C.H.A.M.P. Families" is the first phase of a project that focuses on the development of a parent-focused program for obese children and their families.
We want to talk to you and your child about YOUR needs and wants and what YOU think is important for the development of a parent-focused childhood obesity program.
For more information contact
Dr. Shauna Burke
at 519-661-2111 x. 82214
or sburke9@uwo.ca

Twins for Sookie

True Blood stars Anna Paquin and Stephen Moyer became parents twice over this week, according to Hollyscoop.

"We can confirm that Anna Paquin and Stephen Moyer recently welcomed their twins into the world," their rep announced.

"The babies were born a few weeks early, but are in good health and both mom and dad are overjoyed." The twins mark the first children for Paquin, while Moyer has two children from a previous marriage.

Randy's back, dawg!

Randy Jackson

It looks like Randy Jackson won't be bounced from the judges' table on American Idol after reports leaked that he is close to signing a deal to keep him in his old spot on the hit reality competition show, according to Deadline.

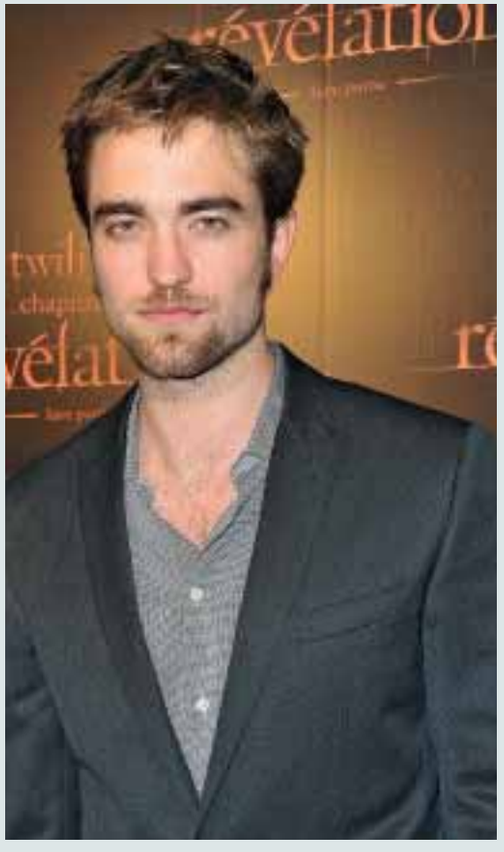
Rumours had circulated that Jackson, the only remaining judge from the original version of the show, would be moved to a "mentor" position for the new season.

But it looks like that's not happening.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Rob and Kristen back together?

When Kristen Stewart told the Associated Press last week that she and Robert Pattinson would "be fine," maybe she knew more than she was letting on, as sources say the pair are secretly back together, according to Lainey Gossip.

"It was communicated to people during the Toronto International Film Festival that they are (back together) but they're worried about how it might affect (Rob's) career, like whether or not there will be some kind of crazy backlash or something," the source says.

Blake Lively. ALL PHOTOS GETTY IMAGES

No liquor for Lively

With her marriage to Ryan Reynolds last weekend on the books, Blake Lively apparently isn't wasting any time getting their domestic life going.

"I've always wanted a big family. Oh, I'd love 30 kids if I could," Lively says in the latest issue of Allure.

The Gossip Girl star also lives a pretty clean life free of drugs and alcohol — and nightclubs.

"The music is so loud, you can't have a conversation with somebody," she says. "If I were an amazing dancer, yeah, I'd go, but I'm definitely not."

Twitter

@ActuallyNPH
Hi Twitterland. Sorry for my lack of tweets recently. Apparently I have babies and stuff. I'll try harder. xo

@Pink
Holy Sh*t!!! MOM!!!! I got an A!!!! Thanks Entertainment Weekly!!!! My first A outside of study hall!!!!

@Venuseswilliams
Just wanted to send a big thank you to the NYC crowd at my us open this year. I've never felt such love and support, thank you!!!

@GarryShandling
My therapist just told me that I'm better than I was four years ago.

SATURDAY, SEPTEMBER 15 & SUNDAY, SEPTEMBER 16 ONLY!

FREE SURPRISE GIFT CARD

RECEIVE A FREE SURPRISE GIFT CARD THAT COULD BE WORTH

$10 OR $25 OR $50

OFF YOUR NEXT PURCHASE, WHEN YOU SPEND $50 OR MORE ON ALMOST ANYTHING IN THE STORE.*

Visit shoppersdrugmart.ca or the store nearest you for details.
*Some conditions may apply. Offer valid Saturday, September 15 and Sunday, September 16, 2012 only.

celebrating 50 fabulous years
SURPRISE!
Join the celebration
Célébrez avec nous!
SHOPPERS DRUG MART

SURPRISE GIFT CARD IS VALID UNTIL OCTOBER 7, 2012.

SHOPPERS DRUG MART

New York's finest

New York Fashion Week is proving that next spring's style-savvy girl is street-smart, sophisticated and loves her stripes

TINA CHADHA
life@metronews.ca

PETER MICHAEL DILLS/GETTY IMAGES

Marc Jacobs

At Marc Jacobs' Spring show, models done up in severe side partings and smudgy black eyeliner reminiscent of Edie Sedgwick stormed the runway in bold black, maroon and beige stripes. The graphic appeared on shrunken blazers, trapeze jackets and low-slung midi skirts. Unlike the denizens of the Factory though, Jacobs' girl is a careerist. Curvy dresses with scalloped hems, sensible skirt suits with long, lean silhouettes and ruffle collar separates would fit right in at an office but the midriff-baring cropped tops, including a black, full-sleeve version featuring Mickey Mouse, not so much.

Donna Karan

Donna Karan struck gold with her choice of materials for her spring line. Sheer jersey and paper linen molded perfectly to create architectural silhouettes and artful pleats and folds. But the natural, organic feel of the fabrics paired with Karan's use of dusty, cold-dyed colours gave the collection a dreamy tone. This effect of sharp lines and soft shades was meant to evoke "sunrise and sunsets in the city" – you know, those pretty moments when light reflects off skyscrapers. The cool, cropped jackets, worn over empire waist dresses, will be just what a city girl needs when those buildings' air conditioning kicks into gear.

NEILSON BARNARD/GETTY IMAGES

SLAVEN VLASIC/GETTY IMAGES

Tommy Hilfiger

Tommy Hilfiger transported showgoers at the Highline back to the Hamptons for one last Fourth of July-type seaside soiree. With hurricane lanterns hanging over a deck-like runway, models sailed by in bold red, white and blue striped looks. Some read cool (the double-breasted blazers and chunky cardigans) and others too patriotic (a preppy navy jacket over a red, white and blue striped shirt and trousers). The colours then came in zigzags on dresses and one-piece halter swimsuits before winding up on the trim of plain white shifts. Breton stripes were also big (on cotton schoolboy shirts and leather tops), as were chunky cable knit sweaters.

DKNY

For her spring show, titled Reflections of New York Donna Karan aimed to define a girl living the big city dream. She's ambitious: smart workwear separates such as boyfriend blazers and knee-grazing pencil skirts came in leather and colour-blocked, textured linen. She's ready for whatever comes her way: the bodysuit played double-duty as a bathing suit, and models wore fanny packs. She's street smart: sporty mesh and leather detailing, camo prints, fitted black baseball caps and heeled sneakers exuded an urban tone.

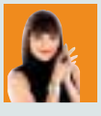
PETER MICHAEL DILLS/GETTY IMAGES

NEILSON BARNARD/GETTY IMAGES

Rebecca Taylor

The biography of Beach Boy Brian Wilson transported Rebecca Taylor to one of her favourite vacation haunts: Hawaii. But while her imagination sipped on mai tais, this hard-working woman spent the summer in New York. The two worlds harmonized perfectly in her spring collection: Sunny, hibiscus floral prints came cut in sharp, strong silhouettes, while polished dresses were made tough with studded collars and worn under moto jackets in laid-back, faded denim or poppy turquoise leather. And for post-sunset, a nude, silk studded cocktail number featured cheery ocean blue straps, perhaps to remind you of paradise even when you're stuck in the city.

Twitter



JEANNE SPACE
Jeanne Beker
life@metronews.ca

IN THIS HECTIC MODERN WORLD, TWITTER HAS BECOME A COOL AND SUCCINCT WAY OF COMMUNICATING. IT ALLOWS ME TO BE ACCESSIBLE, INSTANTLY SPEAK MY MIND, AND CONNECTS ME WITH ALL KINDS OF PEOPLE.

@Jeanne_Beker: En route to NY for Fashion Week! Better late than never. Jam packed sched. Just hope my stilettos don't give me grief. Will keep you posted!

@Jeanne_Beker
Brocade coats, cotton knits, graffiti prints, yummy color + thick socks with platform sandals. This is what cool girls wear @mbymarcjacobs

@Jeanne_Beker
"It's just about imagining yourself as the best you can possibly be" says Laura Mulleavy bkstg @officialRodarte

@Jeanne_Beker
Bkstg @VeraWangGang tells me she's inspired by all the travel she does "in her mind". Loved her Indian influence with twist of modernity!

On the web

Qriket

Avril Lavigne says after debuting spring line for Abbey Dawn she may make own wedding dress

SHARE ALERT!

Qriket

SCAN, SHARE AND WIN!

Metro and Qriket are giving away $10,000 in instant cash prizing for the month of September.

Metro has partnered with Qriket to add more fun and sharing to your daily news fix.

Qriket is a free iPhone app that rewards you for scanning QR codes, so now you can stay informed with Metro and win prizes when you choose to scan with the Qriket app.

Just download the Qriket app and use it to scan QR codes to access enhanced content, share with your friends, and play instant win games.

And this month, scanning the Qriket branded codes in Metro activates $10,000 in bonus instant cash prizes just for Metro readers!

Wanna play?

1) Download the free Qriket app for your iphone.
2) Use it to scan the Qriket QR codes you see in Metro, and they'll automatically get shared with your friends.
3) The more you scan, the more you share, the more chances you have to win!

Qriket

For full rules and regulations visit www.qriket.com/metro

metro

Grilled vegetables and pasta infuse a Mediterranean flare

This recipe serves four. THE CANADIAN PRESS H/O

1. Balsamic Vinaigrette: In a screw-top jar, mix oil, balsamic vinegar, mustard, garlic, sugar. Cover jar and shake well. Season with salt and pepper. Makes about 150 ml (2/3 cup).

2. Meanwhile, cook pasta according to package directions and set aside. Chill, if desired.

3. Remove cores and cut peppers into quarters. Cut zucchini and onion into 2-cm slices. Brush vegetables lightly with some vinaigrette and grill over medium heat until vegetables are cooked as desired.

4. Cut all of vegetables into chunks. Combine vegetables, pasta and all but 125 ml (1/2 cup) of feta cheese with the remaining vinaigrette and season with salt and pepper. Top the dish with the reserved feta cheese and parsley.

THE CANADIAN PRESS/DAIRY FARMERS OF CANADA

Ingredients

Balsamic Vinaigrette
- 85 ml (1/3 cup plus 2 tsp) vegetable oil
- 75 ml (1/3 cup) balsamic vinegar
- 10 ml (2 tsp) Dijon mustard
- 1 clove garlic, minced
- 1 ml (1/4 tsp) sugar
- Salt and pepper, to taste
- 500 g (1 lb) penne or rotini
- 1 each red and yellow sweet bell pepper
- 2 zucchini
- 1/2 Spanish onion
- 250 g (8 oz) feta cheese, cubed (divided)
- Salt and pepper, to taste
- Chopped parsley, for garnish

Ratatouille. Versatile French stew

1. In Dutch oven, heat oil over medium-high heat. Add onion, garlic, basil and oregano; cook until slightly softened and aromatic, about 4 minutes.

2. Add green pepper, zucchini, eggplant and tomatoes. Stir in canned tomatoes, breaking up with a spoon. Bring to a boil. Reduce heat and simmer until vegetables are tender, about 30 minutes.

3. Stir in tomato paste, sugar, salt and pepper; cook for 7 minutes. (Make-ahead: Cover and refrigerate for up to 2 days; reheat.) Stir in parsley. Sprinkle feta on top of each serving.

THE CANADIAN PRESS/FOODLAND ONTARIO

Ingredients

- 30 ml (2 tbsp) extra-virgin olive oil
- 1 red onion, cut into thin wedges
- 5 cloves garlic, minced
- 15 ml (1 tbsp) each dried basil and oregano
- 1 large sweet green pepper, cut into chunks
- 2 zucchini, cut into chunks
- 1 eggplant (about 750 g/1 1/2 lb), cut into chunks
- 4 field tomatoes, chopped
- 1 can (796 ml/28 oz) whole tomatoes
- 45 ml (3 tbsp) tomato paste
- 5 ml (1 tsp) granulated sugar
- Salt and pepper, to taste
- 50 ml (1/4 cup) minced parsley
- 175 ml (3/4 cup) crumbled feta cheese

Give it a little Moroccan flair

As decor trends move toward more colour and traditional curvy lines, it's expected that Moroccan styles will emerge in a big way. The contemporary curvy lines and colours like orange, blue and white make it a trend-on element to include in modern decor. Other influences that blend easily with this trend are Middle Eastern patterns, handmade Moorish designs and Havana colours. With a new season fast approaching, why not try out some exotic flavour in your home?

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Magical Thinking Bright Star Duvet mimics colourful handmade tiles. From $79. URBANOUTFITTERS.COM

Circles Rubber Doormat welcomes guest with a Moroccan vibe. $20 CRATEANDBARREL.COM

Thomasville's Wanderlust Bachelor Chest is a great solution for television and AV equipment. $1,620 SEARS.CA

Benjamin Moore's Pumpkin Spice can transport your room to North Africa with just one coat. BENJAMINMOORE.CA

Whole Home Morocco Printed Sheers add exotic flair to the window. From $20 SEARS.CA

Just a few accessories can add some exotic flavour to any space. HANDOUT

There are a few simple ways to deal with spilled wine. HANDOUT

No use crying over spilled milk, or wine

Advice. Take these simple steps to cleaning up that embarrassing spill at your party

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Dear Charles,
What is the proper way to go about cleaning up a broken wine glass at a dinner party? I wouldn't want to bring too much attention to it, but at the same time, I wouldn't want anyone to get hurt, either.
Always Prepared

Dear Always Prepared,
When this happens, the room is always full of guests and everyone stares at you!

The few times this has happened, the first thing I do is pick up the large pieces of glass.

I then use the vacuum, ideally a hand-held one to pick up the glass and then I use very thick towels to absorb the wine liquid.

At this point I judge the damage and either just leave it and wash the entire rug the following day or in the case of red wine will use club soda to flush the stain and re-absorb the liquid with a second set of thick dry towels.

Whatever you do, don't make a big deal about it. The person who has made the spill will feel bad enough. Let them help you with instructions of what you want them to do, then stay calm, make the treatment and go back to your party and have a fabulous time.

The Wiggles
THE FINAL SHOWS TOGETHER OF ANTHONY, MURRAY, JEFF & GREG!
Celebration!
John Labatt CENTRE
Wed, October 17
6:30 pm
Tickets can be purchased at the box office, by phone 866.455.2849, or online at johnlabattcentre.com
ON SALE NOW!
unicef canada
The Wiggles are proud to support UNICEF Canada by donating $0 cents from each ticket sale.

SPORTS 4

Offers fly as NHL labour talks resume

Lockout. League tables "time-sensitive" offer, after players' proposal falls flat with Bettman

The final push to get a new NHL collective bargaining agreement is on.

After almost two weeks without face-to-face negotiations, labour talks between the league and NHL Players' Association resumed with a flurry of activity Wednesday.

Both sides tabled a proposal in an attempt to avoid another work stoppage. The current deal is set to expire just before midnight on Saturday and the owners have said they'll enact another lockout if a new agreement isn't reached beforehand.

The NHLPA's initial offer was countered with one by the league that will see the players get 49 per cent of revenue in the first year and scale back to 47 per cent over the course of the six-year deal, according to a source. That's up from a starting point of 46 per cent in the NHL's last offer, but still well down from the 57 per cent players saw last season.

Commissioner Gary Bettman says the league will withdraw its offer if it's not accepted by the time the current labour agreement ends.

"With every day we're experiencing — and will continue to experience — damage to the game and to the business of the game," said Bettman. "What we're trying to do now is stem that damage. What we would be prepared to do now to make a deal before there's extensive damage is not the same that we'll be prepared to do in the event we get to a point where we've suffered the damage."

NHLPA executive director Don Fehr said the union's proposal was "consistent" with its previous offer.

NHLPA executive director Donald Fehr, centre, is joined by the Canucks' Manny Malhotra, left, and the Jets' Ron Hainsey as he speaks to reporters in New York on Wednesday. MARY ALTAFFER/THE ASSOCIATED PRESS

Getting together

On Wednesday night, the union opened a meeting with some 300 players in attendance, while the NHL's board of governors is scheduled to convene on Thursday.

- Meanwhile, the union says it has filed an application with Quebec's labour relations board, along with at least 16 players of the Montreal Canadiens, asking it to declare a lockout illegal in the province.
- A hearing on the application is scheduled for Friday morning in Montreal.

"Our proposal was made with the same principles that we have always had in mind, and those are that we didn't see any reason, given seven years of record revenue growth and the enormous concessions the players made the last time, to have an absolute reduction in salaries," he said, adding the players would be willing to have their share "fall over time" as league revenues grow.

Fehr added he doesn't "know whether this will lead to anything."

Bettman said the union's proposal offered "very little movement if any," which prompted him to draft a counter-proposal with Boston Bruins owner Jeremy Jacobs and Calgary Flames owner Murray Edwards.

"We're certainly on our side anxious to get a deal done as soon as possible, but it takes two sides to negotiate," Bettman said.

Bettman also said that the definition of hockey-related revenues, the pool of revenues which the league and players share under the collective bargaining agreement, would remain unchanged in an effort to simplify the process.

"I assure you, nobody wants to make a deal more than I do," Bettman said.

The sides resumed discussions at the league's Manhattan offices with just over three days left before their collective bargaining agreement expires. It was the first formal session since Aug. 31. THE CANADIAN PRESS

NHL. Bouncing back no easy task if season is lost

The NHL has survived strikes, lockouts and even the cancellation of an entire season, but Norm O'Reilly, who has studied the finances of sports leagues, says the league owners and players can't take their fans for granted.

O'Reilly, a sports marketing professor at the University of Ottawa, says another cancelled season could hurt the NHL itself, even in cities like Toronto.

While the hardcore fans will always come back, that's not the whole picture, he says.

As merchandise sales and sponsorship deals become larger pieces of the revenue pie compared with ticket sales, it is the more casual fans that may never attend a game that can make the difference.

"They may notice a decrease in television rights, and they may notice less following on websites, and they may notice a decrease in merchandise sales and less support of sponsors products," he said of teams if the season is killed.

"And as the NHL becomes ... less reliant on gate revenues and more reliant on media and marketing revenues, then those impacts become greater and greater."

Since the 2005 collective bargaining agreement was signed, the NHL has experienced an annual growth rate in revenues of more than six per cent.

But O'Reilly noted that last time the new collective agreement was accompanied by rule changes in an effort to make the game faster and higher scoring and in turn more appealing to the casual fan.

Without that added boost, the league may not bounce back from a season-killing lockout the same way.

"This time around, everything you read about is much more focused on solely the financial issues," O'Reilly said. THE CANADIAN PRESS

Quoted

"We do have some other concerts and events, but there's no mistake that hockey is our business here."

Tim Murphy, the manager of Vancouver's Shark Club located a slapshot away from the home of the Vancouver Canucks, says without NHL hockey the bar just isn't busy enough.

Mobile sports

Cricket

Tim Tebow's debut with the New York Jets was a dud, but a sprinkling of the backup QB and the wildcat package was more than enough against the Bills. Now the Jets have to decide whether to give Tebow more snaps or fewer against the Steelers in Week 2.

NFL

Griffin III's historic 1st week continues

Robert Griffin III is the first rookie quarterback to win an offensive player of the week award after his debut game.

The NFL announced Wednesday that Griffin is the NFC offensive player of the week for his performance in the Washington Redskins' 40-32 win over the New Orleans Saints.

The No. 2 overall draft pick completed 19 of 26 passes for 320 yards with two touchdowns and no interceptions in Sunday's victory — making him the first player in league history to amass 300-plus yards passing, two or more passing touchdowns and no interceptions in an NFL debut. THE ASSOCIATED PRESS

Robert Griffin III
THE ASSOCIATED PRESS FILE

NBA

Knicks' Kidd to fight DWI charge

New York Knicks point guard Jason Kidd intends to fight a charge that he was drunk when he crashed his SUV into a telephone pole in the Hamptons his lawyer said Wednesday.

When asked about the allegations at Kidd's brief procedural appearance at Southampton Town Court on Long Island, lawyer Edward Burke Jr. told reporters, "We are defending that."

Kidd was arrested in July, days after signing with the Knicks. He suffered minor injuries when the vehicle hit the pole and veered into the woods in the hamlet of Water Mill.

The misdemeanour charge carries the potential for up to a year in jail.
THE ASSOCIATED PRESS

NHL

"Whatever the future holds is going to be fine with me."

Goaltender Roberto Luongo at a Canucks charity golf tournament on Wednesday. Luongo, who is willing to waive his no-trade clause, said he would also have no trouble playing alongside his friend Cory Schneider again and will attend Vancouver's training camp, if necessary.

Still flying in the right direction?

Sitting near the bottom of the American League East, Blue Jays brass still believe they're on course in terms of building a playoff contender. Here's a look at Toronto's strengths and weaknesses and its prospects of future improvement:

TORSTAR NEWS SERVICE

Photos by Getty Images

Toronto Blue Jays general manager Alex Anthopoulos boasted last month that his last-place club had the makings of a "championship-calibre" offence and bullpen. They remain only a starting pitcher or two away from being a playoff-contending team, he said.

With less than a month remaining in Major League Baseball's calendar and the Jays long out of it, we take a more in-depth look to see just how close the Jays are to being a playoff-contending team.

Anthopoulos is right that pitching remains the club's biggest weakness. But is that all it will take to turn them into a contender?

Here's look at the gap between the Jays and the AL's leading wild-card contenders: The Baltimore Orioles, Oakland Athletics and Tampa Bay Rays:

Starting pitching

In assessing how the Jays' rotation compares to the AL's leading wild-card contenders, consider that the only Jays' pitcher who would crack all of their rotations is Brandon Morrow. J.A. Happ and Carlos Villanueva should at least get into the Orioles', but they would be no sure thing. Ricky Romero and Henderson Alvarez would likely be left out.

Given the complete unknown that is the future of Romero, the Jays need to add one front-of-the-rotation starter — a bona fide No. 1 or No. 2 — to complement Morrow.

Offence

Before Jose Bautista was injured in mid-July (with almost all of the position players following suit later in the summer), the Jays led the majors in runs scored.

For that reason, Anthopoulos says upgrading the team's offence is not a major concern. Even at this stage in the season, the Jays sit comfortably ahead of the A's, Rays and Orioles in terms of runs scored.

Defence

At one point early in the season the Jays were among the best defensive teams in the league. They still lead the AL in defensive runs saved, a statistical metric that favours range and richly rewards Brett Lawrie, pictured, the Jays' athletic third baseman.

Their outfield, however, has been a different story. The Jays have more throwing errors from the outfield than any other AL team and rank second in outfield fielding errors.

But as long as Bautista and Encarnacion are in the Jays' lineup, they will be built around offence.

Bullpen

Early underperformance and a lack of depth has left the Jays currently holding the AL's worst bullpen ERA.

Anthopoulos targeted improvements, acquiring right-handers Steve Delabar and Brad Lincoln. Of all the areas the Jays should feel comfortable about heading into the off-season, the bullpen is it, especially if closer Sergio Santos, pictured, returns from injury and pitches as well as he did in 2011.

MLB

Same team, different city in Jays' 2013 opener

For the second straight year the Blue Jays will open their season against Cleveland.

Next year, however, Opening Day will be at Rogers Centre, not Progressive Field.

Major League Baseball released its 2013 schedule Wednesday, which shows the Jays kicking off the season by hosting the Indians on Tuesday, April 2, one day later than most teams.

A to-be-determined season-opening game will be played on March 31, while 22 other teams will play their first game on April Fool's Day.

For the first time in MLB history, interleague play will occur throughout the season in 2013, with at least one contest between American and National League teams every day of the schedule.

The Jays' first interleague game is May 14 at home against San Francisco. Toronto will make interleague trips to Atlanta, San Diego, San Francisco and Arizona.

The Houston Astros will move from the NL Central into the AL West in 2013, giving both leagues an equal complement of 15 teams. TORSTAR NEWS SERVICE

Tables turned on Canada in qualifiers

Canada's Marcel de Jong, left, boots the ball past Panama's Roman Torres during a 2014 World Cup qualifying soccer match in Panama City on Tuesday. ARNULFO FRANCO/THE ASSOCIATED PRESS

Soccer. Loss to Panama puts Canada in tough to advance to next stage of World Cup qualifying

It's a lesson in how quickly things can change in international football.

Canada, sitting atop its World Cup qualifying group after a dramatic 1-0 home victory over Panama Friday, now finds itself in tough following Tuesday's loss in Panama City.

Canada's potential saunter into the final stage of qualifying for the first time since 1998, is now poised to come down to the final match in Honduras.

Where's the offence?

2

Canada has scored only two goal in its four matches in this stage.

The 2-0 win by the Panamanians moves them into top spot in this four-team penultimate stage of qualifying for Brazil 2014 with a 3-1-0 record for nine points. Canada and Honduras, at 2-1-1, are tied with seven points apiece. Cuba is last at 0-4-0.

Honduras has the edge over Canada on goal differential.

The top two teams in the group will advance to the final stage of qualifying in 2013.

This stage will wrap up with each team playing two games next month.

Canada's fate will be decided in the final in Honduras on Oct. 16.

Ahead of that match, Canada hosts Cuba at BMO Field on Oct. 12 in a match they need all three points. That same night, Panama hosts Honduras.

"The group changed a little bit tonight," Canadian captain Kevin McKenna said following the 2-0 defeat Tuesday. "We will now need plenty of home support for a massive match in Canada." TORSTAR NEWS SERVICE

NFL. Bills add one more year to lease at the Ralph

The Buffalo Bills and Erie County agreed in principle Wednesday to a one-year lease extension that would allow the team to keep playing at Ralph Wilson Stadium next season.

County executive Mark Poloncarz announced the agreement after Bills CEO Russ Brandon raised concerns about the lack of progress in negotiations to reach a long-term deal, and with the current lease set to expire July 31. Poloncarz said the agreement was reached after several discussions with team officials, including a conversation with Brandon on Monday.

"Nobody wants to have a gun at their heads thinking if we don't get it done by the end of the season then what's going to happen," Poloncarz said. "By doing an extension, it guarantees the Bills are here for the full 2013 season, and it gives us ample time during the next 18 months or so to continue these negotiations." THE ASSOCIATED PRESS

Bills series in Toronto

The Bills are also negotiating with Rogers Communications to renew a five-year series of home games Buffalo plays in Toronto. The current deal runs out this year after the Bills "host" the Seattle Seahawks in Canada's largest city and financial capital on Dec. 16.

The Buffalo Bills agreed in principle with Erie County to a one-year lease extension that keeps the football team playing its home games at Ralph Wilson Stadium next season. DAVID DUPREY/THE ASSOCIATED PRESS FILE

Horoscopes

♈ Aries
March 21 - April 20
You are confused which direction to take. It's not like you to be so undecided but for now, the only safe decision is to make no decision at all until the early part of next week. What's the rush?

♉ Taurus
April 21 - May 21
Try not to let your anxieties get out of hand today because it could have a knock-on effect on your physical health. Experience should have taught you by now that the worst rarely happens, so strive to be positive.

♊ Gemini
May 22 - June 21
Try not to be sentimental about people or possessions. Gemini is ruled by mind planet Mercury, so you should find it easy enough to be logical. Use your head today. It could save you a lot of unnecessary torment.

♋ Cancer
June 22 - July 23
You may have to deal with someone whose opinions you dislike but chances are you will need their support in the very near future, so hold your tongue and get on with it. It can still be a good working partnership.

♌ Leo
July 24 - Aug. 23
Speak up and let others know what you think. You could, of course, stay quiet and enjoy an easy life. But that has never been your way — nor should it be when there is so much at stake.

♍ Virgo
Aug. 24 - Sept. 23
Certain people seem to be dragging their feet and almost daring you to do something about it. You don't have to put up with this kind of behaviour. If they're going to drag their feet, you've got an excuse to stamp yours.

♎ Libra
Sept. 24 - Oct. 23
A partnership issue will come to a head over the next 24 hours and you will have no option but to deal with it quickly. A clean break now may be preferable to a messy one later on. Give it some thought.

♏ Scorpio
Oct. 24 - Nov. 22
You may be a bit behind in your schedule but there is no need to panic. The planets indicate you will get to catch up next week. In the meantime, relax and focus more on things you enjoy.

♐ Sagittarius
Nov. 23 - Dec. 21
Someone is not giving you enough for your money. Let them know you won't put up with such poor service. If you don't, the situation will continue. Throw off the nice guy image and get angry.

♑ Capricorn
Dec. 22 - Jan. 20
You're in a good mood at the moment but it could be spoiled by someone who seems to believe you owe them a living. You don't owe them anything. In fact, they owe you so don't let them drag you down.

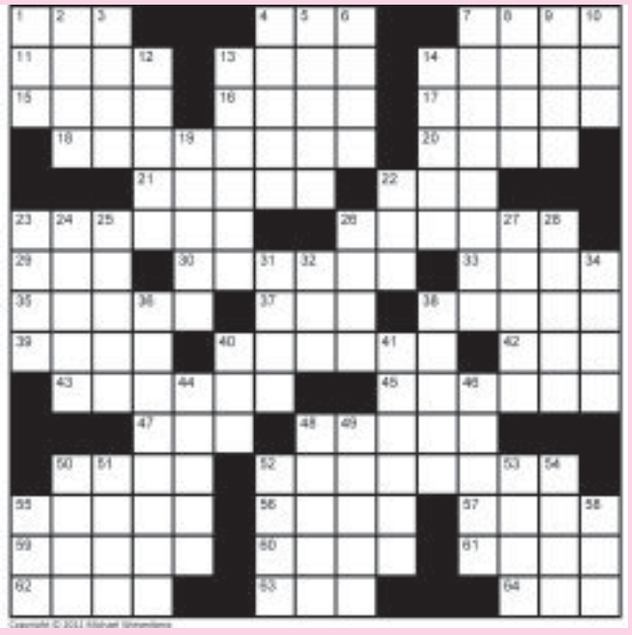
♒ Aquarius
Jan. 21 - Feb. 19
Your sixth sense is telling you that what you are being told by a friend is not to be trusted. Thank them for their advice then do the opposite of what they suggest. It could save you money — and your reputation.

♓ Pisces
Feb. 20 - March 20
You are somewhat impulsive, which could cause problems with money. You should know by now that few things in life truly come for free, so make sure you know what the real cost is going to be.

SALLY BROMPTON

Crossword: Is a Puzzlement

BY MICHAEL WIESENBERG



Across
1. Miami's state: abbr.
4. PC maker
7. Sunbathing goal (2 wds.)
11. Points a gun
13. Norway's capital
14. NWT's Great ___ Lake
15. The Queen, or the ship named for her, in short (2 wds.?; initialism?)
16. Begin to melt
17. Ontario-born Mandel of *Deal or No Deal*
18. Ontario NHL team
20. Baseball stat
21. Decrease in intensity
22. *The Simpsons* bartender
23. Critic's write-up
26. Prime Minister Pearson
29. Tic-___-toe
30. Cultural no-nos
33. Stumble
35. Set of cultural values
37. ___ Jima: 1940s Pacific battle site
38. ___ hasty retreat: flee (2 wds.)
39. Cut
40. Shopping ___: mall
42. Repair tears
43. Chooses to get e-mail, maybe (2 wds.)
45. Entrance's opposite
47. Island: Fr.
48. "Gosh, you shouldn't've" (2 wds.)
50. Obtained: Fr.
52. East Coast's ___ Provinces
55. Prime Minister St. Laurent
56. ___ *Brockovich*
57. Cashmere source
59. Afternoon talk show host Winfrey
60. A very small quantity (9th Greek letter)
61. ___ Scotia
62. ___ sign: advertising medium
63. 180° from SSW
64. Tyrannosaurus ___

Down
1. Help page feature: initialism
2. Fibs
3. French friend
4. "____ the Sheriff" (2 wds.)
5. Sound loud
6. Cuts grass
7. Member of a Montréal CFL team
8. "I ___ I taw a puddy tat!" : Tweety
9. Hertz rival
10. "Her maiden name was ..."
12. Commandments Mount
13. Home of 18-Across
14. Chases away, as an animal
19. Aids a criminal
22. "___ amis": start of a French speech
23. These are found on road maps: abbr.
24. "Jack Sprat could ___ fat ..." (2 wds.)
25. _-___: blocker of offensive TV material
26. What a bank robber gets away with
27. Wipe out
28. Religious ceremonies
31. "Très ___"
32. Possess
34. Grizzlies have them
36. Glasses expert
38. Reproduce, biblically
40. Co. in Québec
41. Provincial capital whose name comes from a queen
44. Half-melted snow
46. What 15-Across does
48. Moses's brother
49. Communicate by letter
50. Climber's cord
51. 100 cents, overseas
52. "Deal ___": "I want a hand" (2 wds.)
53. Boggy area
54. Roof overhang
55. Horror film star Chaney Jr. or Sr.
58. GST or PST

Yesterday's Crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

PLAY TODAY

ONLY $2

POKER LOTTO

WIN NOW

$5,000 ON THE SPOT

WIN LATER

$100,000 NIGHTLY DRAW

Know your limit
Play within it

knowyourlimit.ca

olg.ca
1-800-387-0098

OLG

Learn how modernizing Lottery and Gaming can benefit you. Visit **ModernOLG.ca**

My daughters. My inspiration.

Yannick Bisson
Actor and father of three daughters.

Join us on **Sunday, September 30.**

Canadian Breast Cancer Foundation

CIBC Run for the Cure†

Make a donation and select a gift from the

CIBC Pink Collection.™

Visit cibc.com/runforthecure
Like us on facebook.com/cibccommunitymatters
and follow us on Twitter @CIBCCommunity

Canadian Breast Cancer Foundation ™

CIBC FOR WHAT MATTERS.

™Trademark of the Canadian Breast Cancer Foundation, used under license. †Canadian Breast Cancer Foundation, Run for the Cure and pink ribbon ellipse are trademarks of the Canadian Breast Cancer Foundation. "CIBC Pink Collection" and "CIBC For what matters." are trademarks of CIBC.